AIDS Special Report

THE SATURDAY EVENING POST

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Oct. '87 $1.95

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Susan Howard: Life After "Dallas"

Jane Brody's Breakfast

Maynard Stoddard Humor

Caring For Your Tulip Bulbs

Mistaking AIDS for Alzheimer's

Stephen Vincent Benét

Bowling for $$$

Living with Pet Allergies

For Adults Only: Removable Centerfold AIDS Survey

Lucian Lupinski

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Boy on Stilts

Gramps at the Reins

Little Ballerina

Christmas Carol

Granpa Snowman

Ornaments shown smaller than actual size.

Heirloom Christmas Ornaments

Based on classic works by

Norman Rockwell

A delightful collection of hand-painted Christmas ornaments inspired by all-time favorite Norman Rockwell paintings originally done for *The Saturday Evening Post* covers.

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Beautiful hand-painted sculptures which will brighten your Christmases for years to come

For over 50 years, the art of Norman Rockwell has warmed the hearts of people everywhere. His cherished covers for *The Saturday Evening Post* were a loving chronicle of America – capturing the delight of special moments in the lives of Americans, young and old alike.

Now, The Christmas Ornament Collectors Club, inspired by Rockwell's unique vision, has created an enchanting new collection which captures the warmth and love Rockwell saw in each of us . . . and gives it back as a precious gift.

Authorized by *The Saturday Evening Post*

Each ornament is based on an actual *Saturday Evening Post* cover. "Gramps at the Reins" is a spirited portrait of granddad and grandson, galloping away on their trusty steed. "Boy on Stilts" captures the happy abandon of a country lad and his dog. And in "Good Boys," Santa carefully searches the globe to discover "who's been naughty and nice."

In all, twenty-five cheerful ornaments will fill your heart with gladness and joy in the special holiday season ahead . . . and through all the years to come.

Beautifully sculpted and hand painted – and favorably priced at just $18 per ornament

Through careful sculpting and meticulous hand painting, skilled artisans have captured the original style and feeling of Norman Rockwell's art. Every detail is a delight to the eye . . . from the radiant glow of the carolers' faces in "Christmas Carol" . . . to the gaily colored jacket and ribbons of the "Little Ballerina."

These wonderful ornaments are available exclusively from The Christmas Ornament Collectors Club, for just $18 each. They will not be sold anywhere else, not even galleries specializing in the art of Norman Rockwell.

Convenient monthly installments

To reserve this delightful collection, you need send no money now. Simply return the Subscription Reservation. You will receive your first ornament by itself. Thereafter, you will receive two new ornaments every other month – payable in two easy monthly installments. Or, if you prefer, you may have each installment charged to your VISA or MasterCard. If you are not pleased with any ornament, you may return it within thirty days for a replacement or refund. And you may discontinue your subscription at any time.

A wonderful gift idea

Here is a special opportunity to gladden the hearts of your family and special friends. Simply indicate your gift instructions on a separate sheet of paper and attach it to your Subscription Reservation. We will happily send the collection directly to each recipient.

Order now and receive your first ornament in time for Christmas!

You can place the first ornament on your tree this Christmas – if we receive your reservation by November 2, 1987. You'll enjoy the warmth and charm of these beautiful ornaments for years to come. Order today!

Good Boys

Shown actual size.

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Subscription Reservation

Heirloom Christmas Ornaments

Based on the unforgettable art of

Norman Rockwell

The Christmas Ornament Collectors Club
14 Finance Drive
Danbury, Connecticut 06810

Guaranteed shipment in time for Christmas delivery for all orders received by November 2, 1987.**

Please accept my reservation for _____ collection(s) of HEIRLOOM CHRISTMAS ORNAMENTS, a collection of twenty-five hand-painted Christmas ornaments inspired by the works of Norman Rockwell.

I need send no money now. I will be billed $18* for each ornament. I understand that I will receive the first ornament by itself and, thereafter, two ornaments every other month. Any ornament that I am not satisfied with may be returned within thirty days for a replacement or refund, and this subscription may be cancelled by either party at any time.

*Plus $1.50 per ornament for shipping and handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

Check here if you want each ornament charged to your:
☐ VISA ☐ MasterCard

_____
Credit Card Number Expiration Date

Signature _____

**Allow 8-12 weeks for orders received after this date.

J-107

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Susan Howard After "Dallas" —assumes her own clean-character role as co-host of the "700 Club." **60**

The Adults-Only AIDS Questionnaire—Fill it out and help let the people's voice be heard. **56**

Jane Brody's Better Breakfast —staves off mid-morning hunger and may replace the caffeine habit. **18**

Britain's Broadway Hit—*Me and My Girl* will take away the cares that infest the day and set your toes to tapping. **22**

THE SATURDAY EVENING POST

Founded A.D. 1728

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a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

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(Cover painting by Lucian Lupinski)

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Dietetic cookies have been in the stone age long enough.

Introducing Sweet Pretenders soft and chewy cookies.

Finally, a dietetic cookie that isn't dry, crumbly and hard as a rock.

New Sweet Pretenders taste unlike any other dietetic cookies. And since they're sweetened with fructose, they're the perfect cookies for anyone trying to limit sucrose in their diet.

In any of six soft and chewy varieties: Chocolate Chip, Double Chocolate Chip, Peanut Butter, Vanilla, Oatmeal Raisin and Lemon. For sweet snacks without sucrose, try the full line of Sweet Pretenders—hard candies, chocolate bars and creme filled wafers. You'll find them all in your grocer's diet section.

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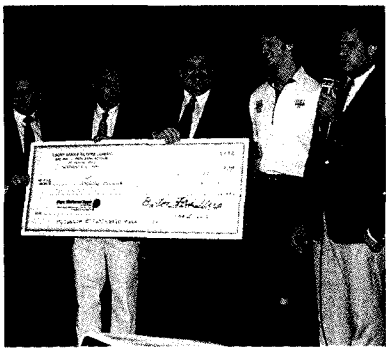

Amateur Bowlers Strike It Rich—in tournaments that offer prizes totaling a billion dollars. **38**

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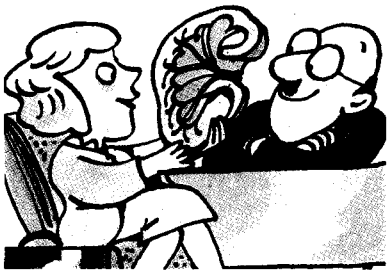

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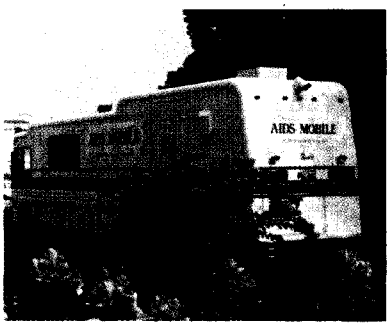

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The Quality of Mercy—is not strained in a touching story of two boys and a ten-inch carp. **64**

Letters

No More Spoonerism

Years ago, the Spoonerisms in the *Post* were delightful. Just reading them aloud was "fore mun than a marrel of bunkies." Why were they called Spoonerisms? Was there a Mr. Spoon, and if so, is he still with us? I suppose Colonel Stoopnagle was a pseudonym for Mr. Spoon?

I wish you would return some of them to "Post Scripts." My sister saved these and I enclose a copy.

Romola Colson
Eutaw, Alabama

Editor's note: The Rev. W. A. Spooner (1844-1930) was a distinguished, though nervous, Anglican clergyman and a warden of New College, Oxford. Unfortunately, however, it was his tendency to reverse initial letters or syllables of words that earned him an entry in dictionaries and encyclopedias. The example of spoonerism that follows appeared in the Post *in 1945.*

The Shog and His Dadow

A tong lime ago, a daggy shog was bossing a cridge over a pillmond, carrying a harge lunk of boast reef in his mipping drouth. He looked down and saw his own wace in the fawter, just like a remection in a flirror. Of course, he thought it was aduther nawg, with a meece of peat bice as twig as his! So he mopped his own dreece of peat, and flitterally lew at his rewatron in the flecture. Naturally, he was might aquazed to find that he not only mawst the leat he had but that he narn dear liced his loff!

And the storal of this morey is: even if they won't give you papping raiper to mapp your wreat in, just thank your stucky lars you had enough ped roints to bee the bife in the purst flace.

Whence Cometh Hadassah's Help

It was a delight to read about Hadassah Hospital of Jerusalem, Israel, and the work of Dr. Slavin in the field of bone marrow transplants (July/August '87).

Unfortunately, your article contained a misconception: "The hospi-

continued on following page

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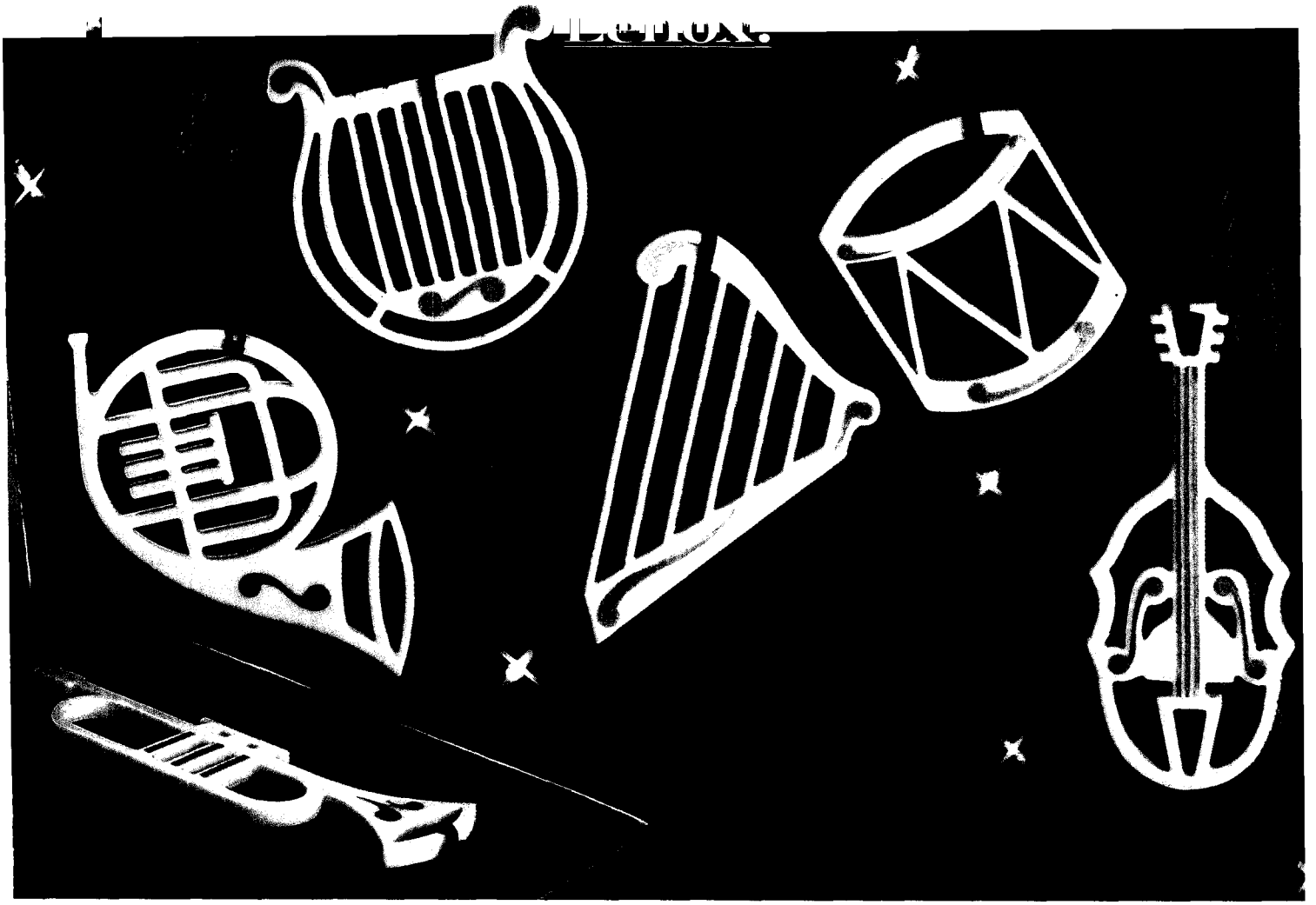

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Ornaments shown smaller than actual size

Celebrate . . . decorate . . .

THE LENOX HEIRLOOM ORNAMENTS

Capturing the joyful spirit of Christmas music in fine ivory china embellished with 24 karat gold

Exclusively from Lenox . . . for your own home or for special gifts

Exultant Christmas carols . . . jubilant holiday songs. They add to the joy of Christmas . . . and have for hundreds of years.

Now you can celebrate the season—and decorate your home—with heirloom-quality ornaments in another great tradition. The century-old custom of collecting fine Lenox china.

The lovely Lyre . . . the regal Harp . . . the romantic Violin . . . six ornaments in all. Each crafted in luxurious ivory china and decorated with 24 karat gold that glints and gleams as the ornament sways on its tasseled red cord.

What pleasure to trim your tree with such elegant decorations! Or to give a grand-gesture gift of all six presented in their own shimmering golden gift box. Each ornament will be handcrafted here in America and will bear the prestigious Lenox® trademark, your assurance of uncompromising quality.

To make sure you have *The Lenox Heirloom Ornaments* in time for Christmas, we must receive your order by November 30, 1987. On credit card orders, call **TOLL FREE,** 24 hours a day, 7 days a week, **1-800-537-1600 ext. 919.**

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RESERVATION APPLICATION

For Christmas delivery, your order must be received by November 30, 1987.

Please enter my reservation for *The Lenox Heirloom Ornaments.*
I prefer to pay as follows:

☐ DEPOSIT ENCLOSED. I enclose my deposit of $19. After shipment, I will be billed for the balance in 3 monthly installments of $19* each.

☐ BY CREDIT CARD. After shipment, please charge the full amount of $76* to the credit card indicated below:
☐ MasterCard ☐ VISA ☐ American Express

Account No. _____ Exp. _____

*Plus $3.75 per set for shipping and handling. State sales tax will be billed if applicable. On orders received after November 30th, allow 8 to 10 weeks for delivery.

Signature _____
All orders are subject to acceptance.

Name _____
PLEASE PRINT

Address _____

City _____ State _____ Zip _____

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Mail to: **Lenox Collections**
One Lenox Center • PO Box 3026
Langhorne, Pennsylvania 19093-0051

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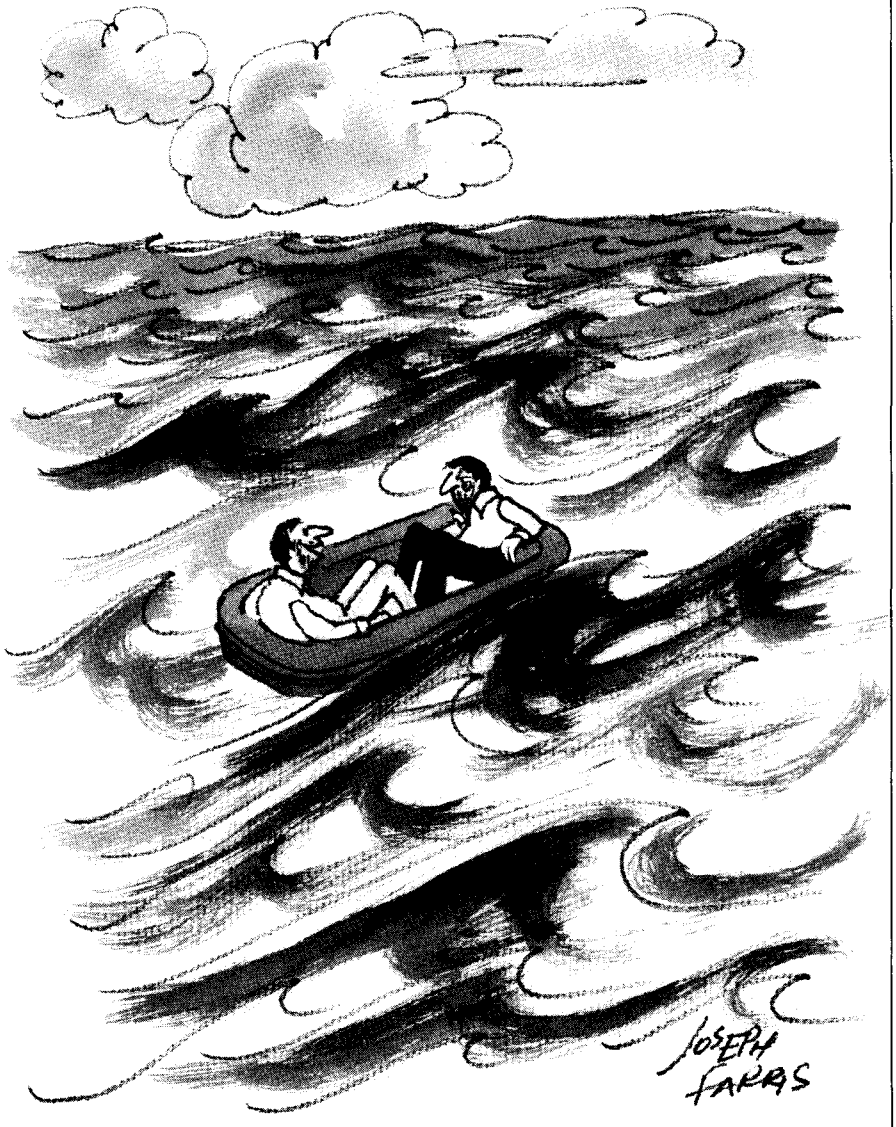
tal is subsidized by wealthy Jewish families. . . ." In reality, the hospital is subsidized by the 385,000 Jewish women who are members of Hadassah and come from *all economic* segments of the American community as well as the friends of the Hadassah Medical Relief Association throughout the world.

This year Hadassah, the Women's Zionist Organization of America, the founder of the Hadassah Medical Organization in Israel, is celebrating its 75th year. During these past 75 years, the American women of Hadassah have helped establish Israel as a leading center for healing, teaching, and research. Furthermore, in keeping with Hadassah's humanitarian goals, Hadassah physicians and medical experts have traveled to many lands, including those of the Third World, in order to introduce and impart advanced medical expertise. This year Hadassah doctors, in cooperation with the United States, will participate in the establishment of a medical center in Zaïre. Thus the work of the American women of Hadassah has benefited not only those who live in Israel or those who travel to Israel, but peoples the world over.

Again, many thanks for the fine article.

Leah S. Reicin
Skokie, Illinois



"Look at the bright side. . .we've been off cigarettes for 23 days."

Thank you for the wonderful article in the August '87 issue of the *Post,* "Curing Cancer in Jerusalem," on the work of Dr. Shimon Slavin of Hadassah Hospital. I am on the American Red Cross' computerized National Bone Marrow Donor Registry in St. Paul, Minnesota. I sent a letter to Dr. Slavin, telling him of the existence of the registry and of my HLA tissue type and my blood type to be listed in the Israeli registry he is forming. He sent me a warm letter of appreciation.

On page 58 of your article you mention the efforts of Dr. Jan Jansen of the Indiana University Medical Center to form his own registry. Could you please send him my HLA tissue type, A2, A24, B44, B21; my blood type, A-positive; and the address of the National Bone Marrow Donor Registry, St. Paul Red Cross, 100 S. Robert Street, St. Paul, Minnesota 55107.

Harry Geller
Chattanooga, Tennessee

Abreast of the Problem

I recently saw the March 1987 issue of your magazine.

I was sickened by your response to a male victim of breast cancer whose purpose of writing was to alert men to a danger they do not always know exists. Your response was, "Ladies, examine your husbands' breasts when you do your own."

Aren't men capable of examining their own breasts? I think I would have been more offended had I been a man. If there was ever a case of responsibility being shirked by the group whose responsibility it was, this is it. You'll never get people to take control of their own lives this way.

Emily Mikulewicz, R.N.
Demarest, New Jersey

Likes Look-Alike

I just wanted to let you know how much I have enjoyed reading *The Saturday Evening Post.* I especially loved the issue with Tom Selleck on the cover. He is my family's favorite star and so much like my brother in personality and appearance I feel as if I know him very well. (My brother is in the navy and has lived in California for the last two years.)

One of my brainstorms recently occurred on my mother's birthday in

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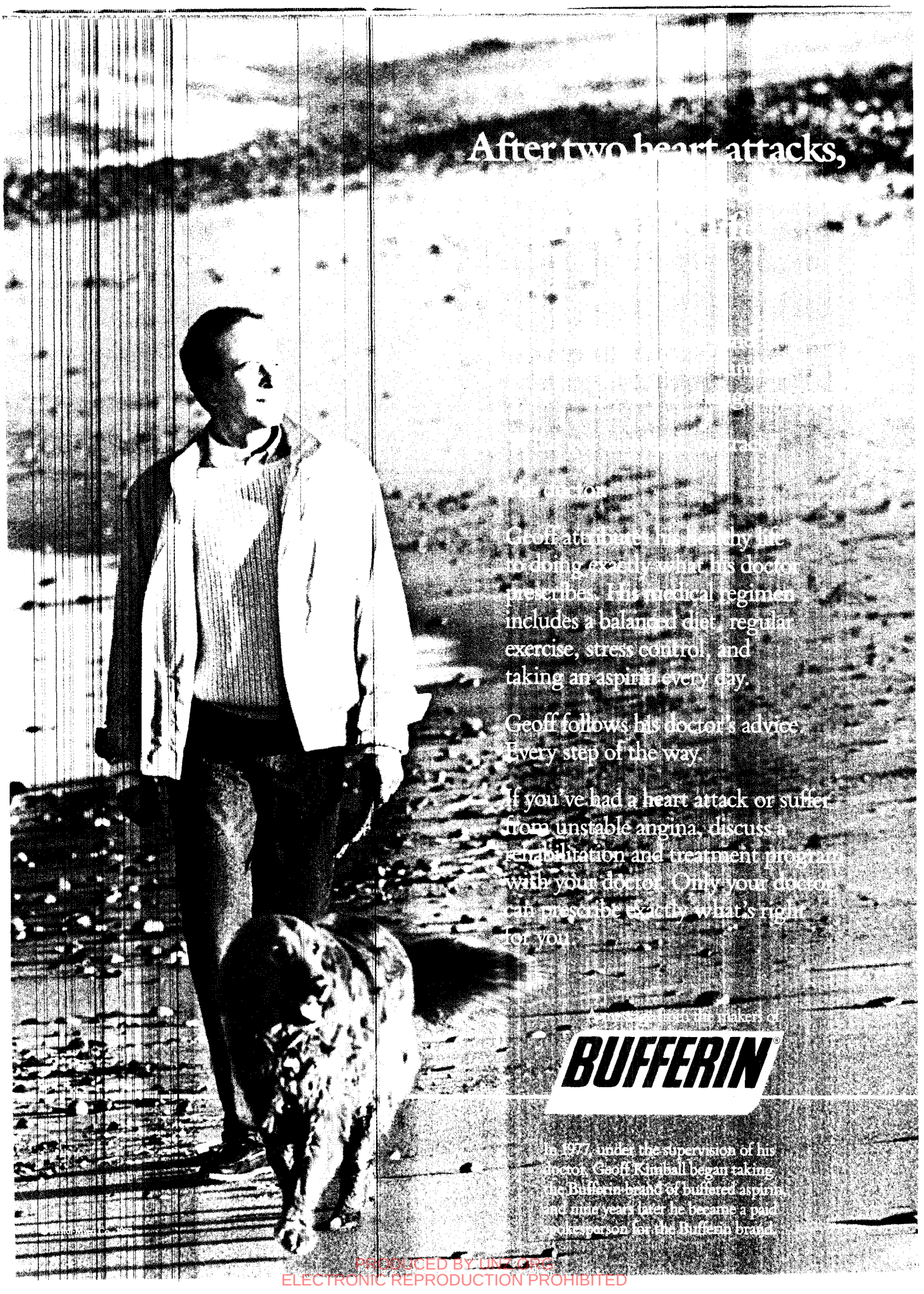
After two heart attacks,
Geoff attributes his healthy life to doing exactly what his doctor prescribes. His medical regimen includes a balanced diet, regular exercise, stress control, and taking an aspirin every day.
Geoff follows his doctor's advice. Every step of the way.
If you've had a heart attack or suffer from unstable angina, discuss a rehabilitation and treatment program with your doctor. Only your doctor can prescribe exactly what's right for you.
A message from the makers of
BUFFERIN®
In 1977, under the supervision of his doctor, Geoff Kimball began taking the Bufferin brand of buffered aspirin and nine years later he became a paid spokesperson for the Bufferin brand.

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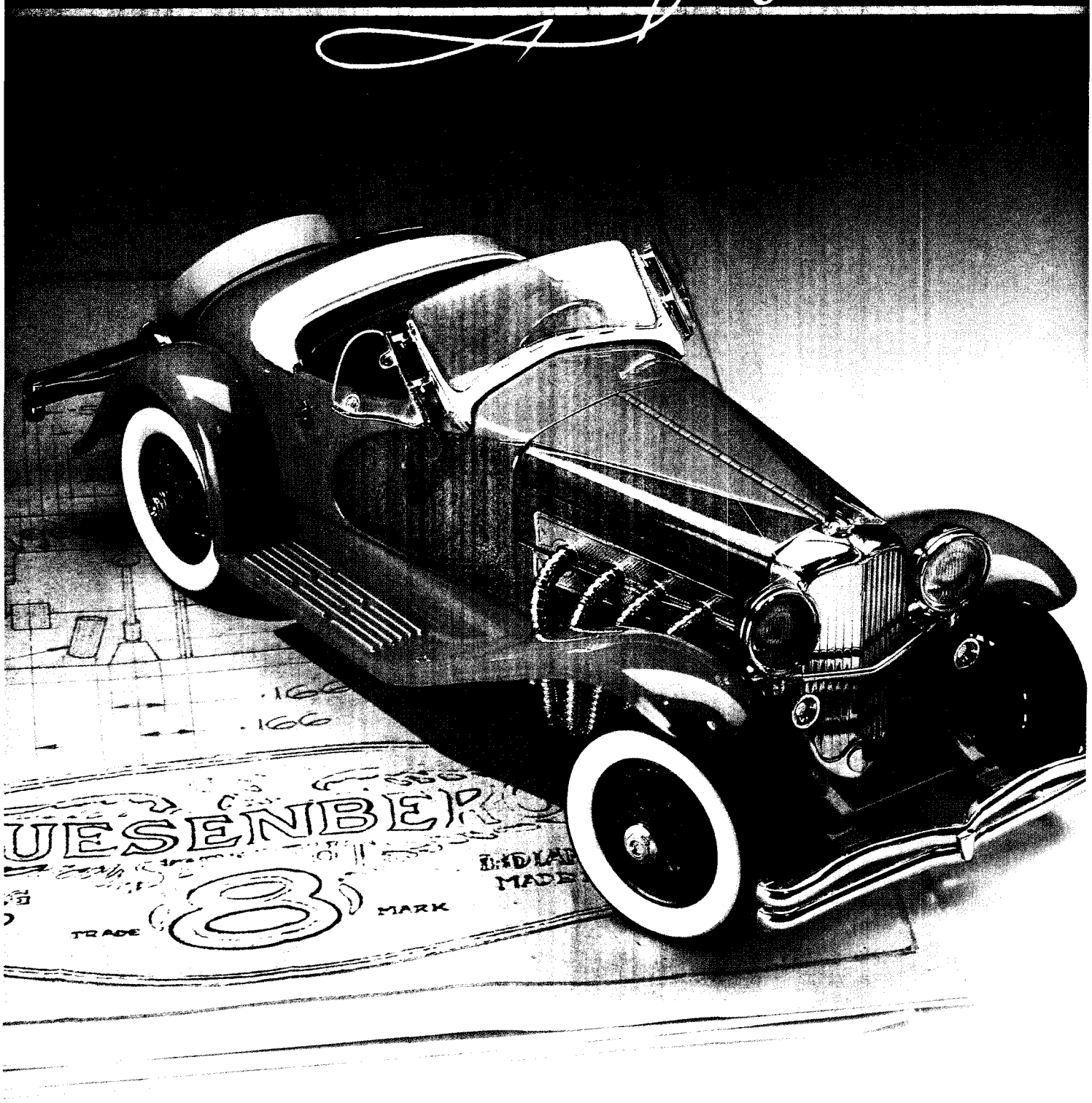
An American classic magnificently crafted as a precision engineered die-cast metal replica.

Duesenberg SSJ



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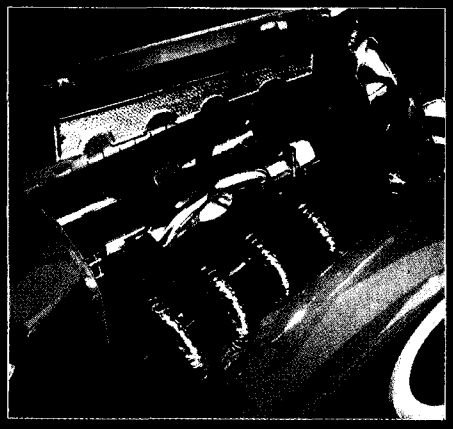
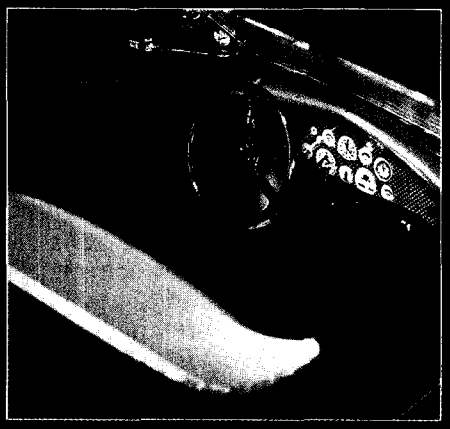
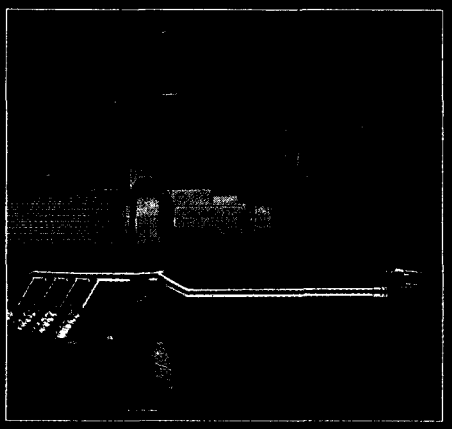
Beautiful detail on the outside.
Your model includes a meticulously detailed miniature of the Duesenberg SSJ overhead cam, 32-valve engine. The finish of the car is painted and waxed by hand.



Special touches.
The seats and door panels are real leather. The pedals, controls and instrumentation are detailed. The doors and both sides of the hood open, and the steering wheel turns the front wheels.



Detailed underbody.
The SSJ's springs, axles, drivetrain, and frame are all faithful to the original SSJ.



your hands.

The Duesenberg SSJ...the most legendary of all classic cars...the fastest, best-handling and most opulent of all Duesenbergs. Only two were ever built, and both are virtually priceless.

And now, a meticulously detailed replica of this fabled classic car—the Duesenberg SSJ—can be yours.

Remarkable attention to detail.

The Danbury Mint devoted over twelve months of painstaking research and development to recreate the Duesenberg SSJ in large 1:24 scale. The resulting model is so detailed, it is virtually impossible, when looking at a photograph, to tell whether it is of the model or the actual car. (Photos here are of the model.)

All the important components—the body, chassis, drivetrain and engine block—are crafted of metal. The seats are glove leather and the tires are genuine rubber.

[illegible] and perhaps most remarkably, each car is actually hand-waxed.

Surprisingly modest price.

The Duesenberg SSJ is the stuff of dreams—but the original issue price of this Duesenberg SSJ replica is only $88.50, payable in three monthly installments of just $29.50 each. This is an exclusive commission available only by direct subscription from the Danbury Mint; it is not available in any store.

Satisfaction guaranteed.

To reserve a Duesenberg SSJ in your name, you need send no money now. You will be billed in three convenient monthly installments, your first in advance of shipment. If you prefer, you may charge each monthly installment to your VISA or MasterCard account.

If you are not completely satisfied, for whatever reason, you may return your Duesenberg SSJ within 30 days of receipt for a prompt refund or replacement.

[illegible] urge you to mail the [illegible] application today.

RESERVATION APPLICATION

Duesenberg SSJ

The Danbury Mint
47 Richards Avenue
Norwalk, CT 06857

Please return promptly.

Please accept my reservation application to the Duesenberg SSJ. I need send no money now. I will pay for my Duesenberg SSJ replica as billed in three monthly installments of $29.50 each*, the first in advance of shipment.
My satisfaction is guaranteed. If I am not completely satisfied with my SSJ, I may return it within 30 days of receipt for prompt replacement or refund, whichever I wish.
**Plus $1.25 per installment for S & H.*
Check here if you want each monthly installment charged to your: ☐ MasterCard ☐ VISA

Credit Card No. _____ Expiration Date _____

Signature _____

Name _____
PLEASE PRINT CLEARLY

Address _____

City/State _____ Zip _____

Allow 8 to 12 weeks after payment for shipment. F-17

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February of this year. I bought a copy of *The Saturday Evening Post* (the March issue, of course) and wrapped it. As she opened it later that evening, I said, "Surprise, I bought Tom Selleck for your birthday."

She said, "Thanks. It's what I've always wanted."

Keep up the good work.

Kathy Harris
Birmingham, Alabama

No Milk? Holy Cow!

It was shortly after we relocated to Florida from Michigan nine years ago that I read in the *Post* about the lithotripter machine invented and being used in Germany—not yet approved by the FDA in the States. Little did I dream that this year I would be a candidate for its use.

In August a year ago, I had a diagnosis of a kidney stone, but at no time did I ever suffer the agony which usually accompanies it. So this May '87 I went to Orlando to the Kidney Stone Center and had the procedure—afterwards capturing the fragments for analysis. When the analysis came through, the composition was calcium-oxalate, and my doctor sent me the enclosed diet.

I am 74 years old with good bone structure, no osteoporosis. I do not drink alcohol, tea, coffee, or soda pop but have two glasses of milk a day—or hot water. This diet has absolutely no use of dairy products, in any form, or even in cooking. It's hard for me to believe that if it took that long for a stone to form it is wise to immediately cut off all intake of calcium—and I'd much prefer getting it through milk than a tablet.

I enjoy the *Post*, and have for years, especially the exchange of ideas on your pages—much has been learned. I thank you for your attention.

P.S. What is the Kidney Stone Formers Club?

Trudy Adams
Leesburg, Florida

Editor's note: The Society sponsors the Kidney Stone Formers Club for such people as you who suffer the agony of kidney stones. The 1,500 members are updated on the latest kidney-stone research and innovations through Post *articles and the club's newsletter. For more information, write to the Kidney Stone Formers Club, P.O. Box 567, Indianapolis, IN 46206.*

Getting the Right Dope

I am writing to you as a member of the Committee on Communications of the American Society of Anesthesiologists with particular reference to a letter from one of your readers appearing in the May/June 1987 issue entitled "Paralyzed by Anesthetic."

We realize that no media person can be an expert in all areas. To our knowledge, none of the physicians in the media has any background in anesthesiology, intensive-care medicine, or pain management. For this reason, we would like to offer our assistance and consultation to help prevent embarrassing and potentially harmful misinformation from reaching the public.

For us it seems obvious that any first-year resident should have known that the case history was typical for plasma cholinesterase deficiency rather than malignant hyperthermia.

For this reason we would like to assign one of our members in your geographic area as a personal consultant, who would be immediately available to answer any questions you might have in conjunction with the anesthesiology subject you may be working on. This contact person may also be useful in providing you with periodic summaries of significant developments within our specialty.

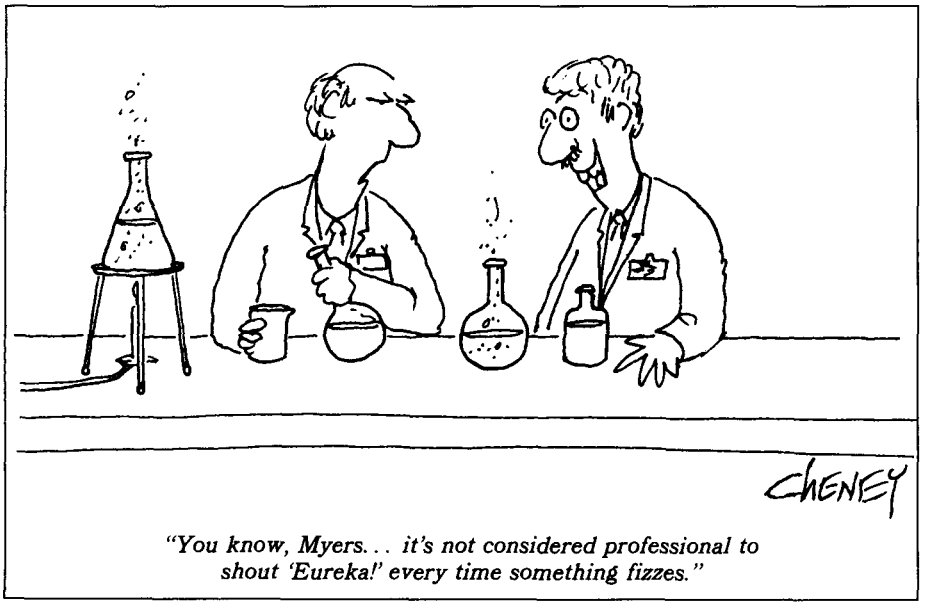
We feel very strongly that the American public could benefit from more accurate information concerning the advances in the field of anesthesiology to allay unwarranted fears and to allow patients to participate more intelligently in the decision-making process.

Another case in point was the seemingly endless display of resectoscopes and diagrams of the male genital tract in conjunction with President Reagan's transurethral surgery in January. Spinal anesthesia was briefly mentioned but quickly became mislabeled "local." Thus the important role of regional anesthesia in the continuity of executive power was never pointed out. Even minimal, but factually correct, coverage would have made spinal and other forms of regional block more acceptable to the public. At present, many patients still refuse this form of anesthesia, mostly out of ignorance.

It is our sincere wish to provide all possible assistance to you and your colleagues in your vital role as spokesmen for modern medicine.

Frederick R. Brosch, M.D.
Committee on Communications
American Society of Anesthesiologists
The University of Alabama
in Birmingham

Editor's note: Thank you for helping answer the question posed by Ellen Blair of Bellefontaine, Ohio. We're sending her your letter. I'm sure she will want to discuss the possibility of plasma cholinesterase deficiency with her doctor. We invite our readers who have questions regarding anesthesia to send them in. Thank you for your good offer to help us clarify any misunderstandings



"You know, Myers... it's not considered professional to shout 'Eureka!' every time something fizzes."

continued on following page

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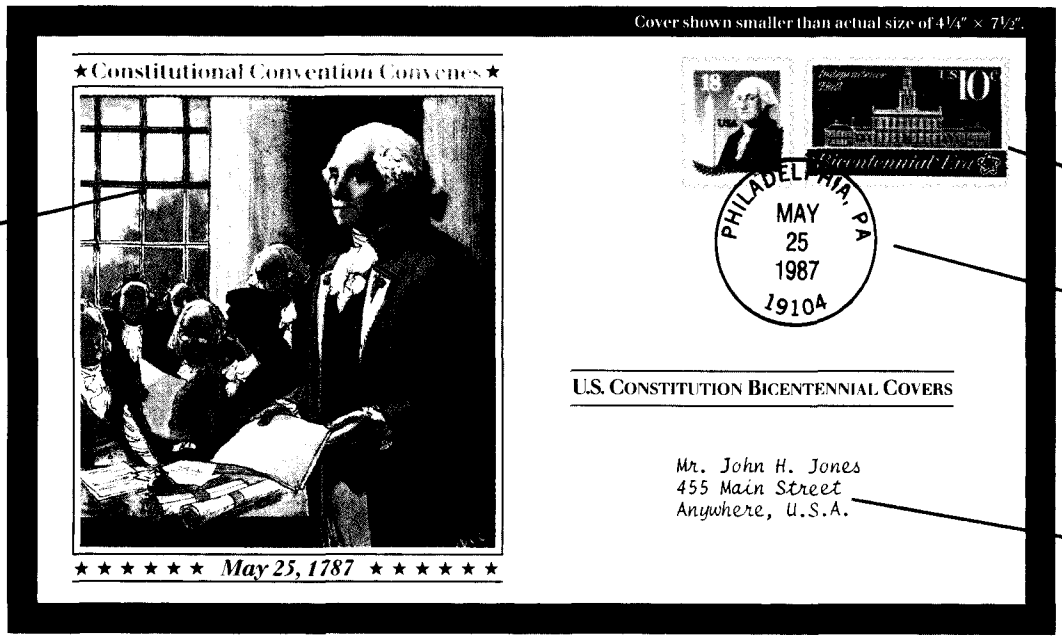
Celebrate the 200th Anniversary of the Cornerstone of the Greatest Nation on Earth...

THE UNITED STATES CONSTITUTION BICENTENNIAL COVERS COLLECTION


Cover shown smaller than actual size of 4¼" × 7½".
★ Constitutional Convention Convenes ★
★ ★ ★ ★ ★ ★ May 25, 1787 ★ ★ ★ ★ ★ ★
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U.S. CONSTITUTION BICENTENNIAL COVERS
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An original, privately commissioned painting designed for each Cover will help capture the full significance of each historic event.

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An unsurpassed collection of 90 Commemorative Covers honoring the important events surrounding the enactment of the United States Constitution.

George Washington was met with church bells and artillery salutes. Benjamin Franklin was cheered as he was carried into the Old Pennsylvania State House. Less well known delegates to the Constitutional Convention were accompanied by only their countrymen's hopes and prayers. After four months of fiery debate, these great men had created the U.S. Constitution, the very cornerstone of our democracy.

And now, the Postal Commemorative Society is proud to announce the availability of *The United States Constitution Bicentennial Covers Collection.* This exciting philatelic collection will bring the great men and events of the U.S. Constitution to life on 90 Commemorative Covers, featuring historic U.S. stamps, full-color artwork, and special 200th anniversary postmarks.

Historic U.S. Stamps and Special 200th Anniversary Postmarks.

Each cover will bear a historic U.S. stamp that is the perfect tribute to the event saluted on the Cover. And importantly, every U.S. Constitution Stamp ever issued will be included! In addition, each Commemorative Cover will bear the official postmark of the precise 200th anniversary date and site of the Constitutional event being honored. These special anniversary postmarks will certify the *limited-edition* status of this Bicentennial collection.

And, each subscriber will receive — at no additional cost — a luxurious, custom-crafted collector's album in which to store this historic collection.

Convenient Acquisition Plan.

Subscribe now for the favorable issue price of just $3.25 per Cover. This price includes the historic stamp, the full-color artwork, the important 200th anniversary postmark, and an informative fact card. Covers will be sent in convenient shipments of three each, approximately every four to six weeks, as the anniversary dates occur. You need send no money now. You will be billed prior to shipment or, as a convenience, you may charge your Covers to your MasterCard or VISA.

Please Reply Promptly.

The limited availability of the historic stamps and the lasting importance of the special 200th anniversary postmarks will surely make this one of the most sought-after collections in our history! Don't miss this exciting opportunity. Return your Reservation Application today!

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Reservation Application 034

THE UNITED STATES CONSTITUTION BICENTENNIAL COVERS COLLECTION

Postal Comm. Society
47 Richards Avenue
Norwalk, Conn. 06857

Please reply by Dec. 31, 1987.

Yes! Please enroll me in the *U.S. Constitution Bicentennial Covers Collection.* The collection will consist of 90 Commemorative Covers with exact 200th anniversary postmarks. I understand that I will receive shipments of three Covers each, approximately every four to six weeks, as the anniversary dates occur. A Collector's Album will be included with my collection at no additional cost.

I need send no money now. Bill me prior to my first shipment at the original issue price of $3.25 per Cover (plus $.50 per Cover shipping and handling, a total of $3.75, payable in U.S. funds). I understand that either party may cancel this subscription agreement at any time.

☐ As a convenience, I prefer to have my Covers charged, at the time of shipment, to my:
☐ MasterCard ☐ VISA

Credit Card No. _____ Expiration Date _____

Signature _____

I would like my Covers: ☐ Unaddressed, or ☐ Addressed as shown below.

Name _____
(Please Print Clearly)

Address _____

City _____

State _____ Zip _____

Please allow 8-12 weeks for shipment.

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in this important field of medicine.

Information Please

In the July/August 1987 issue of *The Saturday Evening Post*, I noted your response in the "Letters" column to an inquiry regarding malignant hyperthermia. You sent her your LifeCare Digest transcript and the *SatEvePost* review paper on malignant hyperthermia.

Is it possible for me to get copies of these items? I will be glad to reimburse the *Post* for any expense involved.

In 1986 I suffered a severe reaction after surgery, which my doctor, after I was hospitalized twice for almost a week each time—dehydration, loss of electrolytes, etc.—and after testing for and eliminating every other possible cause, gave as his final diagnosis. My problem was 3½ months of severe nausea and continuing vomiting.

Now I am facing surgery again and need desperately and quickly any and all information available.

Your help will be greatly appreciated.

Luceille Doggett
Kingsburg, California

Editor's note: We're sending your inquiry to Dr. Brosch at the University of Alabama, who has kindly volunteered to help us answer questions regarding anesthesia-related problems.

More to Be Pitied Than Censured

A dear friend of mine recently gave me a letter from one of your issues of *The Saturday Evening Post* entitled "Grandma Has Genital Herpes."

I am 25 years old, and as hard as it is to believe, I have only had one sexual partner—my husband. He, too, has been faithful to me for the 6½ years of our marriage, and he does not have the virus.

On a Friday in November 1986, I used a restroom in a toy store. On the following Monday, I suffered the outbreak of blisters. The information I received from my doctor said a body will break out 3 to 14 days after contracting the virus.

We are a Christian family, and my husband was very understanding and sympathetic. However, that didn't help the embarrassment and degrading, dirty feelings I had. I am convinced that this and probably other diseases and viruses can be spread in this manner.

I just want to let "Grandma" know, you're not alone! Thank you for sharing this because it helps me feel less guilty. I'm sorry this happened to you, but it's nice to know I'm not alone and someone out there really understands how I feel!

In closing, I would like to ask the question, What about my three small children and husband? Can this happen to them? How awful to say I gave my babies genital herpes!

A concerned mother

The following letter is written in response to the letter you published in your July/August issue about the woman with genital herpes. For obvious reasons, I request you not publish my name or city, either.

Dear Grandmother,

I understand your grief and anger about your infection. I, too, have genital herpes and a monogamous marriage. When I first broke out (on our fifth wedding anniversary), I was so filled with self-revulsion and despair that I thought of leaving my husband and two sons—a three-year-old and a six-month-old. I felt I didn't deserve their love and was terrified at the thought of contaminating them. My husband was so supportive of me—as were my two close friends with whom I shared this tragedy. With their help I came to realize that it didn't matter where the infection came from; they still loved me, and I could learn to love myself in spite of this. I was also filled with spiritual peace from God, especially as I read II Corinthians 12:7-10.

My infection is unusual. I had my second outbreak two years to the week after my first outbreak. At that time I was anemic—that's the only "trigger" I can find. We've been blessed with a third child, whom I gave birth to without any of the complications associated with herpes.

It's still not something I understand—Why me? Why now? But there are a lot of things I don't understand and still have to live with. I guess herpes is one of them. But I don't need to let it defeat me. I can still love and respect myself—the herpes isn't the measuring stick of my worth. I hope you can also come to a peace with this.

Anonymous

"Rest assured, Mr. Forester, your repair bill will not include frustration time."

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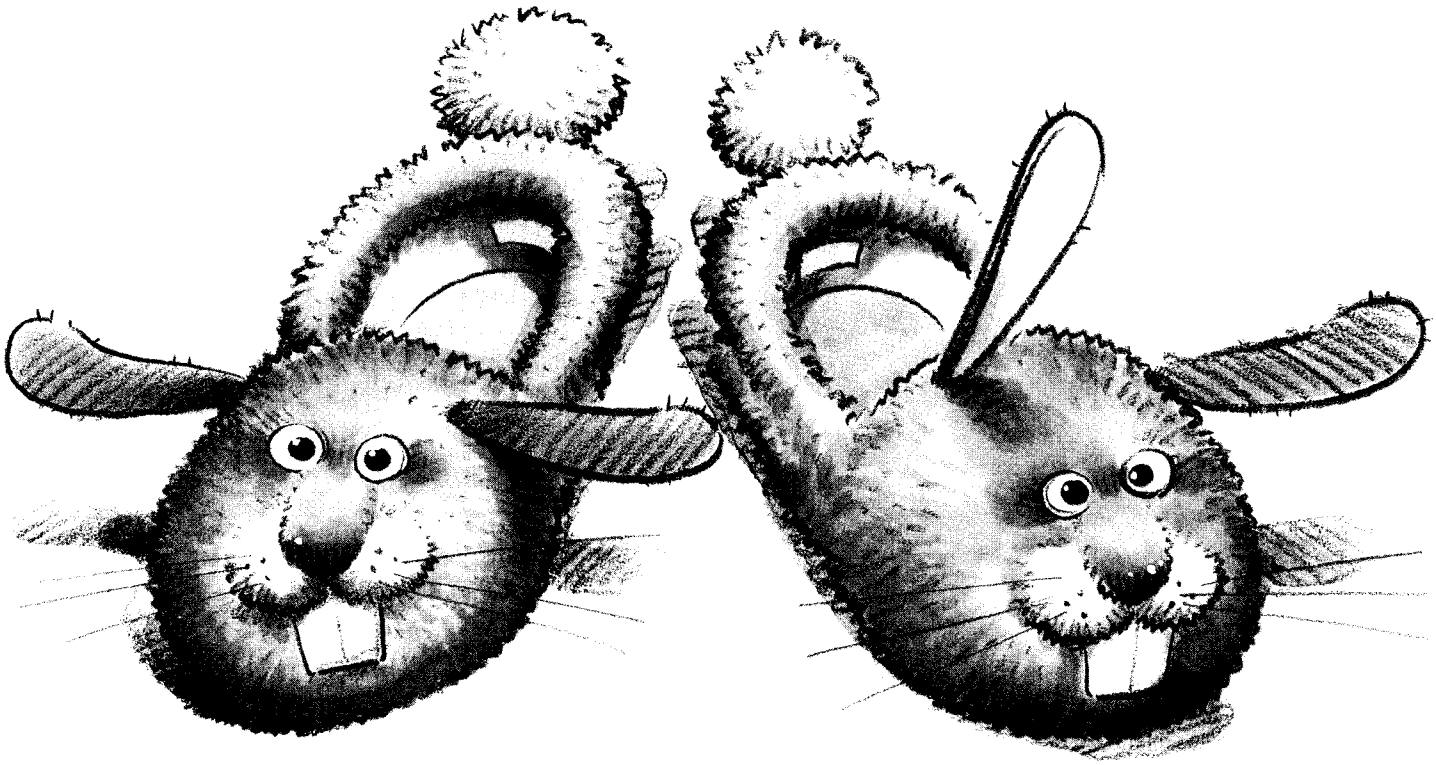


The Rabbits Died.

Now you and your old fuzzy bunnies can, you might say, rest in peace.

Because there's a much better way to keep your feet, and the rest of you, warm and cozy.

It's the P.M. Personal Monitoring System. An extraordinary system of body responsive heat found only in Sunbeam P.M. System automatic blankets, BedWarmer mattress pads and portable throws. If your feet are cold, the P.M. System knows. It automatically senses and responds to changes in body, bed and room temperatures. Sending more warmth where it's needed. Less where it isn't. That's why the P.M. System is said to have a "brain."

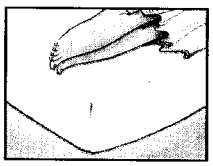
P.M. System Blanket

In the bedroom, these "Blankets and BedWarmers with a Brain" provide comfortable warmth all night long. They even prewarm your bed so you never have to climb into cold sheets.

Cuddle-Up Heated Throw

And to keep you warm anywhere else around the house, try the new Cuddle-Up Heated Throw. It's as versatile and cuddly as an afghan, but unique because you can select your own level of warmth.

All P.M. System products are soft, warm and completely washable. They are made to be cuddled up with, sat on, tucked in and wrapped around you while still maintaining perfectly balanced warmth.



P.M. System BedWarmer

So, if you want to stay warm and comfortable, in and out of the bedroom, hop to it and ask for the Sunbeam P.M. System. It will be the end of cold feet. And the beginning of overall personalized comfort.

Sunbeam

For more information, write Sunbeam P.M. System, P.O. Box 59266, Chicago, IL 60659. ®Sunbeam, Blanket with a Brain. ™BedWarmer, Cuddle-Up, P.M. Personal Monitoring. Manufactured by Northern Electric Company. ©1987 Northern Electric Company.

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Officially authorized by
The Walt Disney Company
and superbly crafted in the U.S.A.
by Goebel
Goebel Miniatures

Fifty years ago, in 1937, Disney's ***Snow White and the Seven Dwarfs*** *made its debut and captured the hearts of moviegoers all across America. And now, The Disney Collection is proud to present THE OFFICIAL 50th ANNIVERSARY EDITION OF DISNEY'S SNOW WHITE AND THE SEVEN DWARFS — eight miniature bronze sculptured figurines re-creating the film's original characters. Each has been crafted to perfection in the U.S.A. by world-renowned Goebel Miniatures.*

A Limited Edition of 19,500 Worldwide
Available Exclusively from The Disney Collection

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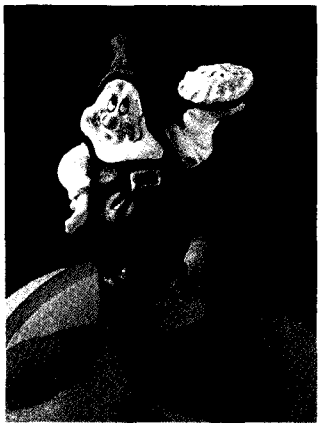
The Official 50th Anniversary Edition of Disney's
Snow White and the Seven Dwarfs
An exquisite collection of eight miniature hand-painted bronze sculptures

Presenting a most meaningful and important heirloom collection — one that each new generation in your family will treasure. Here is the magic of Disney in a miniature figurine collection that will be admired by all who see it.

Working from actual "stills" from Disney's *Snow White and the Seven Dwarfs,* numerous sketches were made before final full-color drawings for this collection were approved by The Walt Disney Company. No detail was overlooked. Notice the authentic movie costume and the lifelike expression of each character.



Snow White is approximately 1 ¼ " high; Dwarfs, ¾ " high; Display, 4" high. Figurines (at left) are approximately one and one-half times actual size.

Meticulously sculptured in the ancient lost wax method

Each figurine was meticulously crafted by Robert Olszewski, the master artist of Goebel Miniatures. Using the original Disney art, the artist created intricate wax sculptures to capture the precise detailing of each character. Next came plaster molds and master molds made from molten silver. Only then, was each figurine individually cast in solid bronze. Disney art and Goebel quality — this is the combination that sets these figurines apart from any others, available anywhere!

Individually painted by hand

In keeping with Goebel's commitment to absolute perfection, each figurine is individually finished and painted by hand, a procedure that involves *no less than 50 steps.* Finally, each sculpted figurine is finished with a brilliant glaze. The end result is fantastic to behold . . . miniature figurines of less than one inch in height which capture the charm and spirit of the original characters in unbelievable detail!

Favorably priced, convenient to acquire

Each figurine in this OFFICIAL 50TH ANNIVERSARY EDITION is favorably priced at only $57.50, plus shipping and handing, a remarkable value for figurines of this quality. *Please see details below.* And, of course, your satisfaction is completely guaranteed.

Mail your Reservation now!

Only 19,500 OFFICIAL 50TH ANNIVERSARY EDITIONS will be available worldwide. Because of expected demand, we urge you to reserve your collection now to avoid disappointment.

THE DISNEY COLLECTION
A SERVICE OF GROLIER ENTERPRISES
SHERMAN TURNPIKE, DANBURY, CT 06816
©

Reservation Application

The Official 50th Anniversary Edition of Disney's
Snow White and the Seven Dwarfs

Cozy Cottage Display . . . yours at no additional cost!
As a subscriber, you will receive this lovely Cozy Cottage Display, specially created for this collection, at no additional cost. It looks just like a scene from the original film! You will also receive an Official Certificate of Authenticity signed by Mr. Roy E. Disney and bearing your collection's unique serial number.

Please accept my reservation for the OFFICIAL 50TH ANNIVERSARY EDITION of Disney's *Snow White and the Seven Dwarfs* — eight hand-painted miniature bronze figurines, officially authorized by The Walt Disney Company and sculptured by Goebel Miniatures. The collection will be issued at the rate of one figurine every other month at a cost of $57.50* per figurine (plus $1.50 shipping and handling), payable in monthly installments of $29.50 each.

My initial installment of $29.50 (check or money order) is enclosed. Or charge my credit card as indicated below. I will receive the Cozy Cottage Display at no additional cost. My satisfaction is guaranteed. If not delighted with any figurine, I may return it within 30 days of receipt for prompt replacement or refund. And I may cancel my subscription at any time by following the instructions on the invoice. 508506

Check here to charge the full amount for each figurine, upon shipment, to your credit card: ☐ VISA ☐ MasterCard

Account No. _____ Exp. _____ mo./yr.

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

*Sales tax is extra in CT and NY.

Mail to:
The Disney Collection
A Service of Grolier Enterprises
P.O. Box 1797
Sherman Turnpike
Danbury, CT 06816

Please allow 6 to 8 weeks for shipment

CFY

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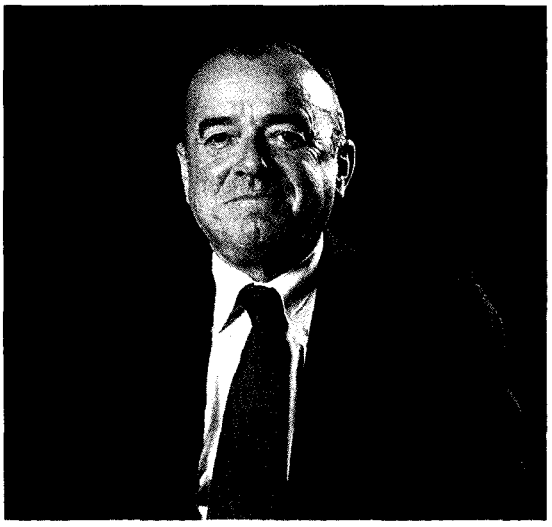
Post People



For the past 27 years, ***Dr. William Mayberry*** has been promoted and lauded for his remarkable accomplishments at the Mayo Clinic, where he is now the chief executive officer. The chief executive officer of our country, knowing a good man when he sees one, chose Dr. Mayberry to head up the important Presidential Commission on Human Immunodeficiency Virus Epidemic.

Dr. Mayberry's impressive academic background and his experience grappling with diverse opinions without losing sight of the "big picture" cause him to be accepted as a natural leader. For all that, he'll need all the courage he can muster.

You don't recognize ***Wil Shriner*** from his many guest appearances on the "Tonight Show" and David Letterman's show? Or from "TV's Bloopers and Practical Jokes"? How about his opening comedy act for Tony Orlando, Crystal Gayle, and others? Or the film *Peggy Sue Got Married* ? He was one of the featured actors.

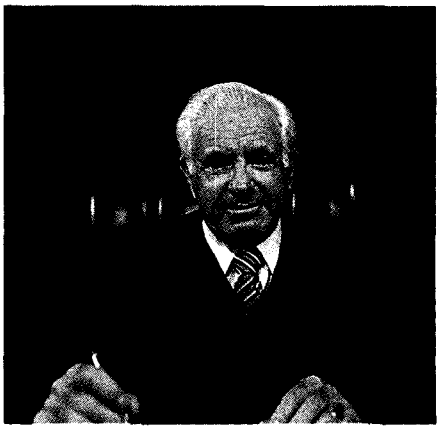
Son of the late Herb Shriner, the Hoosier storyteller and humorist ("It isn't the post office's fault the Christmas packages are late—they're getting them out just as fast as they can smash them"), the 30-year-old Wil is hosting a TV talk show. "I'm leaving the subjects of abused wives, latchkey kids, drug addiction, and alcoholism to Phil, Oprah, Sally Jessy, and Gary," he says. "But if it's 'light talk' you want, the 'Wil Shriner Show' is where you can tune it in."

If you could invite one of today's top newscasters to dinner, which would it be? Tom Brokaw? Dan Rather? Jane Pauley? Diane Sawyer? If you picked one of the above, you'd be in the minority. Viewers responding to a *USA Today* questionnaire preferred NBC's correspondent ***Connie Chung*** (here with former colleague Roger Mudd).

And forget the caviar. She prefers down-to-earth dining with "good old American" food. Among her favorites are meat loaf and mashed potatoes or beans and franks. And don't forget the homemade lemon meringue or old-fashioned apple pie.

She likes anything that "tastes like somebody's mommy cooked it," this winning dinner companion says.

Randy Travis' hours of labor aimed at bringing his heartfelt music to the people are now paying off. His sensational *Storms of Life* album and the smash hits "On the Other Hand," "Diggin' Up Bones," and "No Place Like Home" made him No. 1 in every category he was nominated for at the 1986 Academy of Country Music awards.



Decisions, decisions, decisions. Although they are a headache for most of us, to ***Joseph A. Wapner*** they are a way of life. And a popular way, as the growing TV audience of the "People's Court" will testify.

No, the judge on this popular show is not a product of Broadway or Hollywood. He is rather the product of 18 years on the California Superior Court, 2 of them as the presiding judge. Although now retired, he is allowed by California law to preside over cases when both parties consent; the decisions of his small-claims court are as valid as a ruling handed down by the nine solons in Washington, D.C. As for decorum, his court is no less austere. "First, last, and always, I am a judge," Wapner says, "and when I am trying a lawsuit, I won't allow any monkey business."

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A Heartwarming Portrait of a Child's Discovery

- Shown smaller than actual size of 8½"
- 22K gold rim
- A strictly limited edition porcelain plate

We all take delight in watching children explore nature—especially when they discover a real treasure like a lovely butterfly—just as this little girl has done. These occasions allow us to relive the precious memories of our own childhood, with a fresh look at the world through a child's eyes.

This wondrous discovery by "Ashley" has been captured in lifelike color and detail by American artist Higgins Bond. With an almost photographic quality, Ms. Bond has depicted this adorable blonde toddler, crouched in a meadow of buttercups, observing her new friend.

Higgins Bond paints with a lifelike style, yet her image emphasizes the gentle quality of the little girl's adventure with a soft, dreamy background. And Ms. Bond has lovingly captured each detail of "Ashley's" presence, from the pink satin ribbon in her sunlit hair, to the tiny flower pattern on her dress.

Offered exclusively through The Hamilton Collection, "Ashley" premieres the *Treasured Days* Plate Collection: eight original works by Higgins Bond depicting toddlers discovering the wonders of nature. Each fine porcelain plate will feature a rim of gleaming 22K gold.

Ashley

The edition is strictly limited to 14 firing days, and each plate will be numbered and accompanied by a matching numbered Certificate of Authenticity. As an owner of "Ashley," you are guaranteed the right—***but never the obligation***—to acquire all seven subsequent issues.

Furthermore, you may acquire this premiere plate at no risk. The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

Considering the continued popularity of fine, child-subject plate masterworks and the exceptional charm of "Ashley," market experts predict that this plate may well be one of the most sought-after issues of the year, resulting in a strong demand. Therefore, to avoid disappointment, you should order *today.*

RESPOND BY: October 31, 1987

Limit: Two plates per collector

Please accept my application for "Ashley" by Higgins Bond. I wish to purchase _____ (1 or 2) plate(s) at $24.50 (plus $2.14 shipping and handling) each, for a total of $_____ ($26.64* or $53.28*). Please check one:

☐ I enclose my check or money order.

☐ Charge my credit card: ☐ VISA ☐ MasterCard ☐ American Express

Acct. No. _____

Exp. Date _____ 25692 CB

002664/005328

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

*FL residents add $1.34 and IL residents add $1.87 per plate for tax. *All applications must be signed and are subject to acceptance. Please allow 6 to 8 weeks from date of order for initial shipment. Deliveries made only to U.S. and its territories.*

The Hamilton Collection
9550 Regency Square Blvd., P.O. Box 44051
Jacksonville, FL 32231

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THE COMPLETE BREAKFAST

The morning meal can make your day—if you substitute protein and complex carbohydrates for coffee and doughnuts.

by Jane Brody

Juice and coffee are not breakfast. Nor are coffee and a piece of toast, or a so-called "breakfast bar." And breakfast is certainly not the potato chips and pop many teen-agers down on their way to school. Breakfast, first of all, should contain a fair amount of protein. This nutrient stimulates alertness (if you have a high-protein breakfast, you may not even need the kick you now get from caffeine). Protein also helps to stave off midmorning hunger, common after a breakfast of a sweet roll and coffee. A one-ounce serving of ordinary breakfast cereal with a half glass of milk is not enough protein for an adult's breakfast (a whole glass of milk would be better, along with enough cereal to provide at least four grams of protein). On the other hand, the amount of protein in a "hearty" American-style breakfast of two eggs, three ounces of ham, one cup of milk, and two slices of toast would meet the entire day's protein needs for a 120-pound woman.

Ideally, your breakfast should contain about a third of your day's protein needs. For the ordinary adult, this rule of thumb means 15 to 20 grams of protein, the amount in any of the following: a half cup of cottage cheese, three ounces of fish, four tablespoons of peanut butter, two ounces of hard cheese, two cups of milk or yogurt (low-fat or skim), one-fourth of a 14-inch pizza, two ounces of chicken or turkey, a ten-ounce serving of bean soup, one cup of kidney beans, or six ounces of high-protein pasta. If some of these foods are not exactly what you now consider "breakfast food," I hope you will have some new thoughts on how to start your day.

Another important part of breakfast is juice or fruit that contains vitamin C: orange, grapefruit, tomato, strawberries, cantaloupe, apple, or cranberry juice (if vitamin C is added). Recommended quantities are a half cup of juice, half a grapefruit, a whole orange, one-fourth of a medium melon, or a half cup of ber-

continued on following page

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"There is evidence that diet and cancer are related. . . .
whole-grain cereals may help lower the risk of colorectal cancer."
The American Cancer Society

* **GREAT TASTING**
* **MAXIMUM FIBER**
* **LOW SODIUM**
* **NO SUGAR ADDED**
* **RECIPES INCLUDED!!**

100% Natural . . . **Jewel Evans 10 Grain Cereal** is much more than a breakfast food. Used as an ingredient in many delicious recipes, it adds fiber, flavor, and healthful qualities. Your family will love the hearty goodness of this unique cereal, and you'll be cooking up a natural defense against cancer!

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ries. If your stomach can't handle a high-acid juice or fruit first thing in the morning, skip it then (perhaps replacing it with milk) and have it later in the day. Carbohydrates, so important for immediate energy needs, should also be in your breakfast menu. Ideally, they should be *complex* carbohydrates—starchy foods—rich in original nutrients, such as a whole-grain bread or cereal, or a bran or oatmeal muffin. Limit the fat you put on bread to one teaspoon; a teaspoon of jelly (or, better yet, unsweetened apple butter) is O.K. to add. A beverage after all this is optional, but breakfast would hardly be the same without it. Coffee, regular or decaffeinated, is clearly Americans' favorite breakfast drink. Other possibilities include tea, skim or low-fat milk, buttermilk, water, or more fruit juice. The liquid may aid in digestion and will help give you a feeling of satisfaction. If you drink milk, you'll also give your body a hefty start on fulfilling the day's calcium needs.

Given the time constraints in most American households in the morning, it's no wonder so many people skip breakfast. There's getting up (after the snooze alarm has issued its third and final warning); making the coffee; catching the news, weather, and traffic reports; walking the dog or exercising; getting the kids up and off to school; showering; drying and setting hair; putting on make-up; dressing; and then racing off to work. Who's got time for breakfast? And, with all that racing around, whose stomach is calm enough to enjoy it? Squeezing breakfast into such a morning may be difficult, but not impossible. Here is how.

Start the night before. Decide what breakfast will be, and get it going as far as possible. Set the table or set up a tray with the needed utensils, dishes, and glassware. The juice (if frozen) can be defrosted and mixed or a fresh-fruit salad prepared; bread can be dipped in egg batter for French toast; the dry and wet ingredients for pancakes can be prepared, to be combined in a minute in the morning; the makings of cooked cereal can be measured and waiting; sandwiches can be made, to be eaten cold or grilled. You can even bake a batch of muffins before bed. The possibilities are limited only by your imagination and what may be in your refrigerator or cupboard.

A Fashionable Sunday Brunch
by Jacquelyn Nyenhuis

Brunch has always meant a long, leisurely breakfast enjoyed with family and friends. This brunch menu features whole grains that fit right in with a celebration of the changing fall colors.

The grains are used in nontraditional dishes, such as Spanish Flan, a molded custard served with fresh blueberry sauce. Curried Chicken Blintzes are whole-wheat crepes wrapped around a flavorful chicken salad. Toasted pine nuts make an attractive garnish for each blintze.

The menu consists of easy, make-ahead dishes that keep entertaining fun. There's no last-minute fuss or rush, so even the host can enjoy a fall morning at a leisurely pace.

Ten-Grain Spanish Flan with Blueberry Sauce
Curried Chicken Blintzes
Sunny Morning Cereal
Whole-Grain Breakfast Bars
Lemon-Zucchini Tea Bread
Fruit Kabobs
Minted Tea
Fruit Juice

Ten-Grain Spanish Flan
(Makes 8 servings)

2 cups milk
½ cup ten-grain cereal
2 eggs
½ cup honey
1 teaspoon vanilla
¼ teaspoon nutmeg

Heat milk until steaming hot. Pour over cereal in mixing bowl. When lukewarm, add remaining ingredients. Pour into 9" round flan dish or cake dish. Bake in preheated 350° F. oven 50-60 minutes or until knife inserted in center comes out clean. Serve chilled with blueberry topping.

Microwave tip: Heat milk by microwaving at High (100%) 4-6 minutes or until steaming hot.

Blueberry Sauce
(Makes 1 cup sauce)

1½ cups fresh or frozen blueberries
¼ cup brown sugar
1 tablespoon cornstarch
1 tablespoon lemon juice
¼ teaspoon cinnamon

Combine all ingredients in small saucepan. Cook over low heat; stir constantly until sauce boils and thickens. Serve warm or cold.

Microwave tip: Microwave all ingredients at High (100%) in 1-quart measure 4-5 minutes or until sauce boils and thickens; stir twice.

Curried Chicken Blintzes
(Makes 8 servings)

Crepes:
1 cup skim milk
¾ cup whole-wheat flour
¼ cup all-purpose flour
3 eggs

Filling:
2 cups finely diced cooked chicken
⅓ cup yogurt
½ teaspoon curry powder
2 teaspoons honey
2 teaspoons lemon juice
Dash white pepper
¼ cup well-drained crushed pineapple
2 tablespoons lemon zest
¼ cup toasted pine nuts

Beat crepe ingredients together until smooth. Refrigerate batter at least 1 hour. Lightly coat bottom of crepe pan or 8" skillet with cooking spray and heat at medium until hot. Using about 3 tablespoons batter, cook crepes 1-2 minutes each. Place crepes on towel to cool.

Mix chicken, yogurt, curry, honey, lemon juice, pepper, and pineapple together. Spread mixture over one side of each crepe, fold in quarters, and place on serving dish. Sprinkle each serving with lemon zest and pine nuts.

Microwave tip: Microwave 2 chicken breasts (about 1 pound) at Medium-High (70%) in 1-quart covered container 7-8 minutes or until tender. To toast pine nuts, combine nuts with ½ teaspoon cooking oil. Microwave at High (100%) 1-2 minutes or until lightly toasted.

Sunny Morning Cereal
(Makes 6 servings)

2 cups rolled oats
4 cups water
¼ teaspoon salt, if desired
¼ cup bran cereal
¼ cup chopped dried apricots
½ cup raisins

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Stir oats into boiling salted water. Cook, stirring occasionally, 5 minutes or until tender. Stir in remaining ingredients. Serve with milk.

Whole-Grain Breakfast Bars
(Makes 2 dozen bars)

3 cups ten-grain cereal
1½ cups all-purpose flour
½ cup brown sugar
½ teaspoon salt, if desired
¼ teaspoon soda
1 cup all-vegetable shortening
3 tablespoons cold water

Mix dry ingredients together. Coarsely cut in shortening. Add cold water; mix until ball can be formed. Roll out dough ¼" thick on lightly floured pastry cloth. Cut into 2" x 3" bars. Carefully transfer bars to baking sheet. Bake in preheated 375° F. oven 15-20 minutes or until lightly toasted.

Lemon-Zucchini Tea Bread
(Makes 1 loaf)

1½ cups whole-wheat flour
1 teaspoon baking powder
⅛ teaspoon salt
⅓ cup margarine
1 cup brown sugar
2 eggs
1 cup shredded zucchini
1 tablespoon grated lemon peel

Combine dry ingredients and set aside. Cream margarine and sugar together until smooth. Beat in eggs. Stir in dry ingredients until mixture is smooth. Fold in zucchini and lemon peel. Pour batter into 9" x 5" loaf pan coated with cooking spray and lightly dusted with flour. Bake in preheated 350° F. oven 50-60 minutes or until set. Cool slightly and remove from pan. When completely cool, wrap tightly and store in refrigerator.

Fruit Kabobs
(Makes 8 servings)

1 fresh pineapple
2 bananas
2 fresh peaches
1 kiwi fruit

Cut pineapple into bite-size pieces; reserve juice. Cut bananas and peaches into bite-size pieces; dip each piece in pineapple juice to prevent darkening. Slice kiwi fruit. Alternate fruit on skewers and refrigerate until serving.

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ENGLAND'S REFRESHING GIFT TO AMERICA

Tunes silenced for more than 40 years come alive in Broadway's bouncy musical revival, Me and My Girl.

by John McCollister

"Any time you're Lambeth way
Any evening, any day.
You'll find us all
doin' the Lambeth walk."
From: "The Lambeth Walk"
Featured in: *Me and My Girl*

Broadway stars Maryann Plunkett and Jim Dale (center) run away with audience hearts by "doin' the Lambeth walk."

Each night, between 8:00 and 10:30, something magical happens on the corner of 45th and Broadway in New York City. Nearly 1,600 people enter the rebuilt Marquis Theater, carrying the burdens of a workaday world on their shoulders, only to leave bouncing on tiptoes and whistling tunes unheard for more than 40 years.

No, these people are not victims of schizophrenia. They are among the thousands of Americans who have given standing ovations to the cast of the acclaimed Broadway musical *Me and My Girl.*

The potion that has compelled the audience to set their troubles aside for a while is a 40-year-old English recipe of song, dance, and vaudevillian shtick. Its main ingredients are two wholesome stars—Jim Dale and Maryann Plunkett—seasoned by a supporting cast of veterans including George S. Irving, Jane Summerhays, and Jane Connell. Mike Ockrent directs a blend of lyrics and toe-tapping music, reminiscent of a world with much simpler values.

Me and My Girl, featuring the famous "Lambeth Walk," was first performed in London in 1937 in the tense days before World War II. The show ran for five years, despite being bombed out of two theaters. But for some unexplained reason, its music was not heard again until the show's London revival in 1985. The play crossed the Atlantic in June of the next year and opened to raves in Los Angeles. Two months later, the ensemble moved to the bright lights and often caustic critics of Broadway.

Not even the usually callous New York audiences were immune to the spell cast by the combined talents of the performers and the stage crew. Newspaper and TV critics lost themselves in superlatives. The show and its cast won three Tony awards in all—for best actor, best actress, and best choreography in a musical.

Plots for musicals normally border on the fairy tale, and *Me and My Girl* is no exception. Young Bill Snibson, raised in the mythical London ghetto of Lambeth, is found to be the rightful "William of Hareford," heir to a family fortune. But to receive his inheritance he must overcome scheming kinfolk, who seek to separate him from his title and from his Cockney girlfriend, Sally. The conflict comes to a head when Bill's pals crash a high-society party and lead the cast and audience in rhythmic applause to the famous "Lambeth Walk."

Bill, played by the rubber-legged Jim Dale, sings, dances, tumbles, and taps across the stage as he shuns all snobbish pretense. His cutting remarks and slapstick acting earn disgusted looks from his newfound relatives and howls of laughter from the audience.

In contrast to other shows along the Great White Way, *Me and My Girl* is rare family entertainment. The two-act musical contains neither vulgarity nor nudity.

Yet the show does have sex appeal. Maryann Plunkett's interpretation of the bittersweet ballad "Once You Lose Your Heart" charms the audience with a rare combination of seduction and innocence. "That's not by accident," Jim Dale says. "The entire play reflects an innocence that's been missing in our society. It's the kind of boy-girl relationship in which a first kiss is important. I may be old-fashioned, but I, for one, don't want to forget this kind of feeling."

Throughout his career Dale has refused to reach for acceptance through obscenities. He's appalled at modern comedians who insist on peppering their acts with them. "With talent, timing, and practice, you can win over any crowd," he says, "and you don't have to appeal to the lowest common denominator just to get a laugh."

The live stage is more rewarding to Dale than working in front of a camera. He won a Tony award in 1980 for his title role in *Barnum*. "The theater has an immediacy to it," he says. "It's a duet you play with the audience. One of the genuine joys I share with the rest of the cast of *Me and My Girl* is that before the curtain goes up, we're excited. We know we have a

continued on page 11

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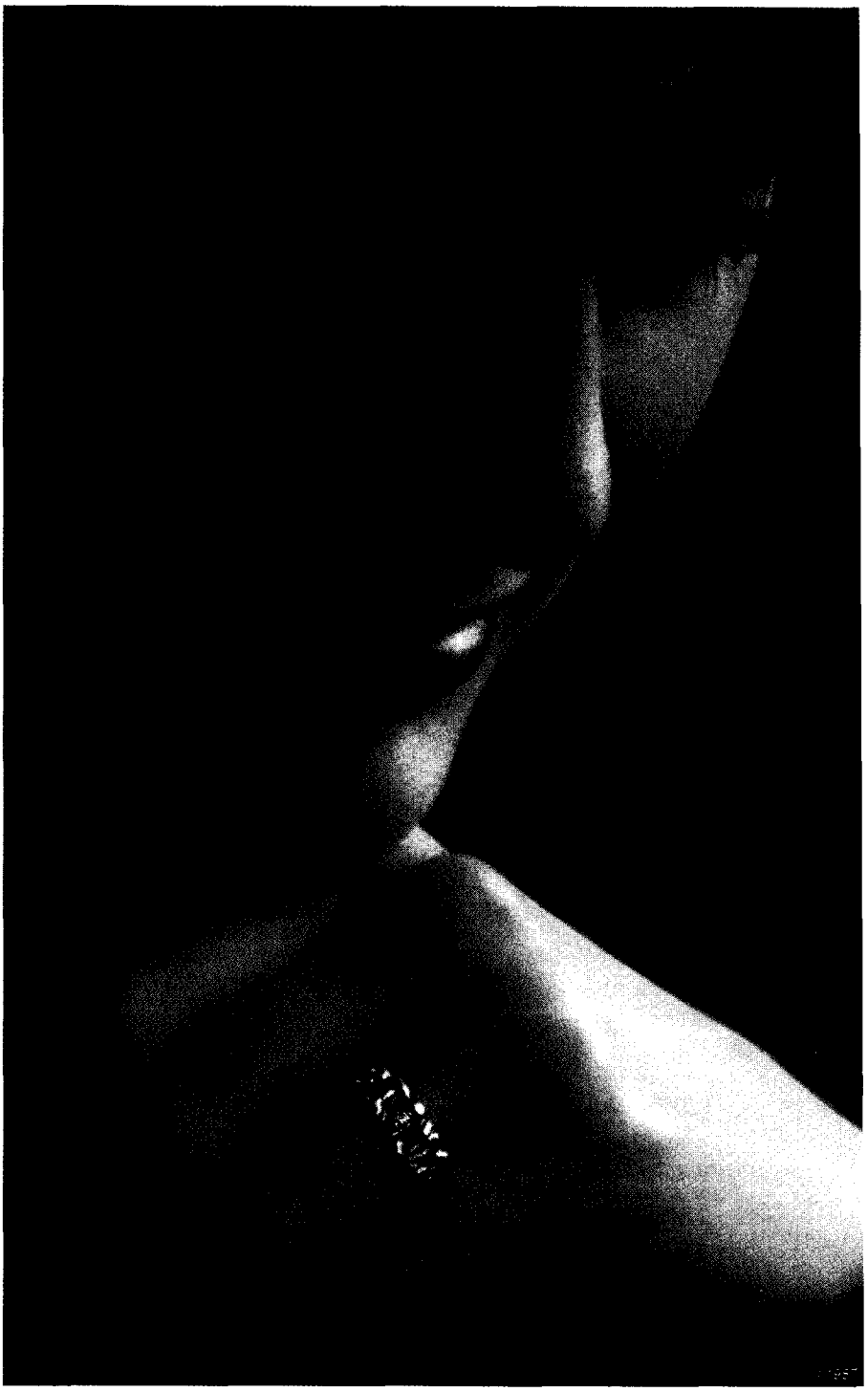

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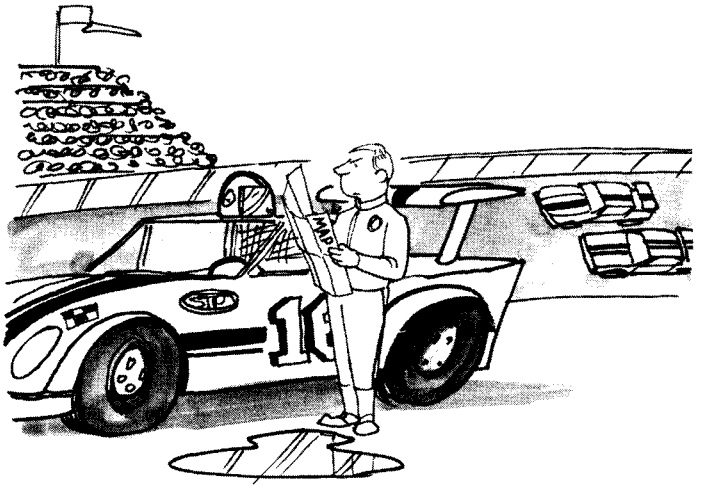
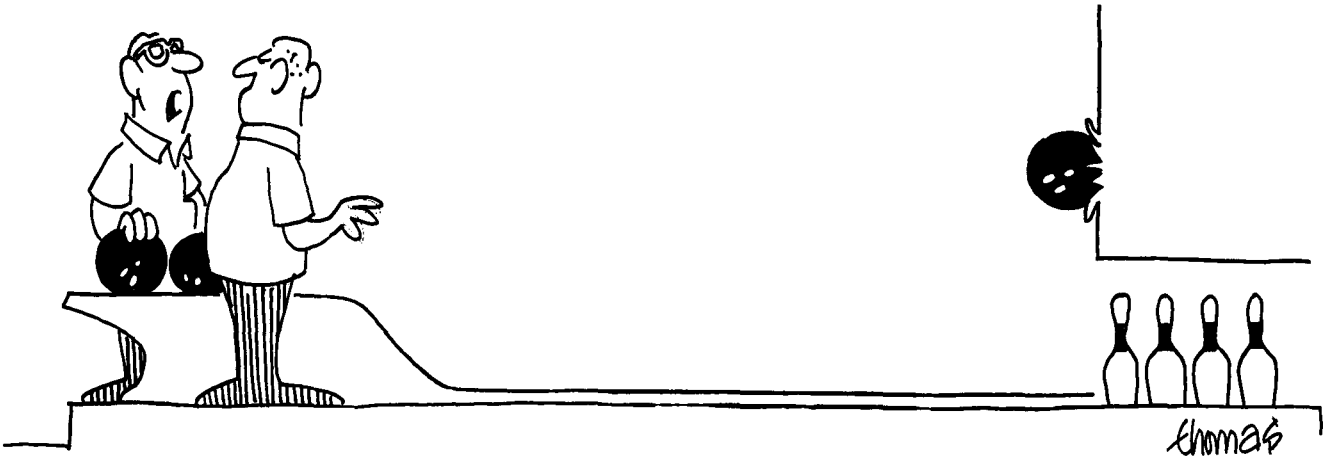


"Today, Brinkleyville Tech takes on Hummelstown State Teachers College, but we've got a half-time show that'll knock your socks off!"

"This is fun, Henry. Why don't you catch one?"



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VETS ON PETS

LIVING WITH PET ALLERGIES

What you can do if the family dog or cat is really getting under your skin.

by H. Ellen Whiteley, D.V.M.

A friend of mine brought her cat, Fluffy, to my animal hospital to be put to sleep. In tears, she explained that her allergist had advised eliminating Fluffy as a way of combating her son's allergies. Fluffy, 15, had been 12-year-old Timmy's companion for as long as the boy could remember. Because my friend was suffering from guilt and uncertainty, I agreed to keep Fluffy at the hospital until we could make an appropriate decision. Meanwhile, I did some research into the pet-allergy problem.

I found a study by Dr. Edward Baker, a veterinarian who had sent questionnaires to 200 allergists. He found that twice as many allergists allow pets in the home as recommend their elimination. Of those allergists who recommended that the pet be removed, 50 percent thought that patients did not follow their instructions, and 53 percent thought that patients suffered guilt feelings and depression following the forced loss of their pets. In fact, many who gave up their pets actually suffered aggravation of their allergies, perhaps caused by psychological trauma. Although most allergists gave tests to determine which species their patients were allergic to, few actually recommended hyposensitization (allergy shots) to animal danders as therapy. (Animal danders are the tiny particles from feathers, skin, or hair that cause allergies.)

Many allergists recommend not giving Fluffy away before trying a number of allergen-reducing alternatives.

I also found that people are more often allergic to cats than to dogs. In one scientific study of 160 children with suspected allergies, testing revealed that about 20 percent were allergic to dogs and 30 percent to cats. A substance in cat saliva is the major agent causing allergic reactions. Cats are more likely than dogs to be in the house and more likely than dogs to be in the bedroom.

In addition, I found that people with allergies are usually allergic to many things and that allergies tend to run in families. Dr. Fred Björkstén, in the *Journal of Allergy and Clinical Immunology,* recommends that infants with a family history of allergies be kept from contact with pets. This shielding lessens their chances of developing allergies later on.

Did all this mean Fluffy had to go? I recommended the following steps to my friend:

(1) See Timmy's physician. If thorough allergy testing reveals a true allergy to cats, discuss hyposensitization shots.

(2) Comb, brush (avoid stiff brushes that will irritate the skin), and wipe Fluffy daily with a wet towel to remove saliva and loose hairs. In addition:

—Shampoo Fluffy every two weeks with a good liquid pet shampoo and rinse him well.

—Feed Fluffy a good brand of cat food that includes natural fat or vegetable oil to lessen dryness of the skin.

—If needed, give him one tablespoon of vegetable oil twice a week.

—Because allergic people are usually more sensitive than others to odors, neuter Fluffy to stop tomcat odor.

—Use unperfumed, plain clay litter that has little dust. Make sure litter is clean; change litter when Timmy is at school, and pour it slowly to reduce dust.

—Avoid using insecticides or perfumed products on Fluffy.

(3) Most people with allergies have problems with dust, pollen, grasses, etc., so undertake an all-out effort to lessen the effects of these allergic substances. This effort may include:

—investing in an industrial-size air purifier for the home;

—encouraging family members to stop smoking;

—vacuuming the home when Timmy is at school;

—installing an air conditioner and a humidifier;

—buying nonallergenic, washable covers for mattresses, box springs, and pillows;

—using non-allergenic, polyester-filled pillows and comforters;

—avoiding feathers and down.

—When practical, avoid excessive automobile exhaust and areas being sprayed with insecticides, and keep

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Membership Application 154

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HOME IMPROVEMENTS

WINDOWS WITH A VIEW TO THE FUTURE

It's still somewhat expensive, but experts say the outlook is bright for revolutionary low-E glass.

by Jack Hayes

Remember drawing house pictures when you were a child? You'd start with a square, put a triangle on top, add a door—and then put in some windows. If you drew that house today, how many windows would you give it? John Weidt, a Minneapolis architect, says the ordinary American home has 16 windows. Up to 150 square feet of outside wall isn't wall, but glass.

If all that glass is standard single-glazed, your house has an energy problem. Single-glazed windows have an R-value (the measure of insulating effectiveness) of only 1, compared to R-15 for walls and R-30 for insulated attics.

High-tech windows keep warmth indoors so heating bills won't go through the ceiling.

Glass and window makers have racked their brains to make windows more energy efficient, yet still attractive. Double glazing increases insulation strength to R-2 (twice as good as a single-glazed window). If you want muntins—those crossed dividers that hold and separate the glass—double-glazed windows can be fitted with snap-in grilles, but these can't duplicate the true "divided" look. Triple-glazing beefs up a window's insulation strength to R-3 but results in even less attractive windows, unwieldy, heavy, and expensive.

And a window with a rating as high as R-3 is still a poor thermal protector. The easiest and least expensive way to add insulation to a window is to cover it with drapes, blinds, or shades. But while these coverings are keeping heat out during the summer and in during the winter, they keep the house dark year round.

Clearly, what's needed is a window that lets light in but keeps the heat where it belongs—and that's exactly what glass manufacturers have come up with. "Low-emissivity" glass uses a nearly invisible layer of metal that lets only visible light through and reflects heat back toward the source. Minute particles of silver, copper, tin, or aluminum on the surface of low-E glass form a "gate" that allows sunlight's short waves (light and heat energy) but not long waves (radiated heat) through. If long-wave heat coming from outside the house hits the window, it's kept outside; if it's coming from inside, it's kept inside.

So how does this technology save money on a cold January afternoon? Simple. Instead of covering the windows, you leave the drapes open and let the (short-wave) sunlight in. The sunlight warms what it touches; that warmth radiates around your home—in *long* waves. This radiated heat—and the heat from your furnace or fireplace—can't make it through the low-E windows, so your house stays warmer.

In the summer, low-E glass can still make your house more comfortable, even with the drapes open. On hot days, your house is heated not only from sunlight coming in the windows, but also from heat radiating off driveways, sidewalks, and roof-

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The Next Best Thing

A high-quality, wooden-frame window with low-E glass will cost at least $150. That means replacing all the windows in your home could cost more than $2,500 for materials alone. If your window budget isn't that large, here are some alternatives:

- If you live in the North, buy a few low-E windows at a time and mount them on the cold side of the house, where they will do the most good.
- Single-glazed, wooden-frame storm windows cost approximately $30 each. You can install them yourself and swap them for wooden-frame screens in the summer.
- In the Sunbelt, look for contractors who will mount reflective film on existing windows. Budget $30 for each window.
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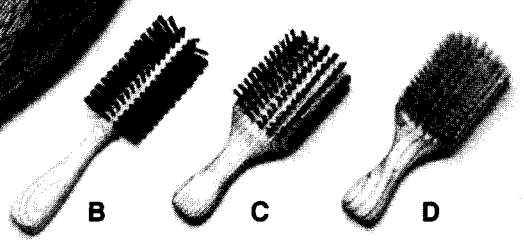

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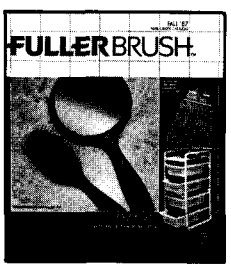

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GIVING TEETH A FACE-LIFT

Early veneers used to crack and peel; now dentists are using long-lasting resins and porcelain laminates that have the look and feel of real tooth enamel.

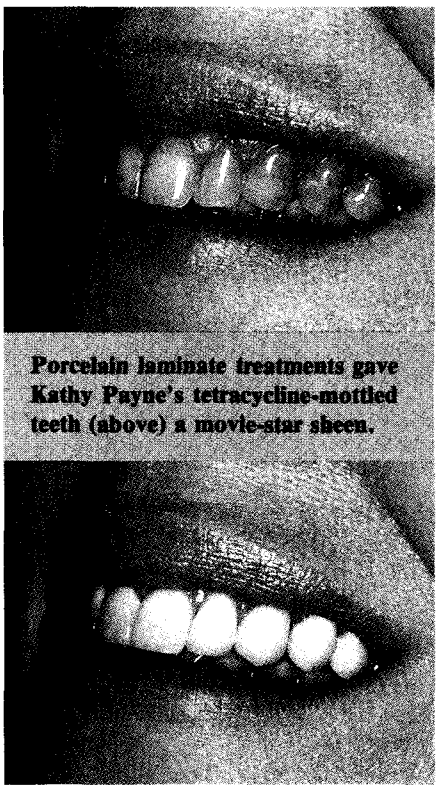
by Laurie S. Senz

As a teen-ager, Eric Davidson* was proud of his chipped front tooth—the result of an ice-hockey stick grazing his mouth during a high-school game. "I considered it a badge of honor," he explained. "Besides, my girl friend thought it was cute."

Ten years later, Eric, a stockbroker, learned that "cute" didn't cut it in the business world. "I found when I was talking to potential clients, their eyes would keep shifting to my mouth," he said. "They weren't seeing me, or my face; they were seeing my chipped tooth! It made me very self-conscious. What was worse, I thought I was stuck with it."

Eric's self-diagnosis was wrong. On the recommendation of a friend, he saw Dr. Robert Dolgow, a Ft. Lauderdale, Florida, dentist, who used a simple, one-visit procedure known as composite resin bonding to re-form the missing part of Eric's left front tooth. Eric was amazed at the result. "It looked like the tooth had never been chipped," he explained.

Friends, co-workers, and family members immediately noticed a difference in his appearance. "Everyone kept telling me how great I looked,"



Ronald Goldstein

Porcelain laminate treatments gave Kathy Payne's tetracycline-mottled teeth (above) a movie-star sheen.

Ronald Goldstein

Eric said. "But they thought I had lost weight or changed my hair style. In fact, no one except my mother guessed that it was my smile that had changed. My own brother even complimented me on my 'new' eyeglass frames!"

Bonding is actually a catchall term used to describe the process of attaching tooth-colored, moldable plastic or porcelain laminate veneers to the surface of a tooth. Here's how it works: The dentist primes the tooth's surface with a mild acid that creates shallow grooves and fissures. Then he applies a composite resin, molds it into the shape of the tooth, and hardens it with a high-intensity light. The process, developed in the mid-1950s, has revolutionized dentistry.

"Before bonding, patients like Eric, with a healthy tooth that was broken, chipped, or fractured, had only two choices: file down the tooth in order to cap it with a porcelain crown or live with the disfigurement," Dr. Dolgow explains. "Bonding literally filled the cosmetic gap in dentistry."

Bonding is also used to whiten stained or discolored teeth, close gaps or spaces, lengthen short teeth, widen narrow teeth, and sometimes make certain crooked teeth look straight. The procedure is painless, and no anesthesia is needed.

The dentist can apply composite resin directly to the tooth, or he can attach, like a false fingernail, the composite resin or porcelain laminate veneer sculpted by a laboratory. "Direct application requires the dentist to have a fair amount of artistic skill, because the resin must be carved or molded to the shape of the tooth," explains Dr. Ronald Goldstein, an Atlanta dentist and a clinical professor of restorative dentistry at the Medical College of Georgia's School of Dentistry. The better the artistic nature of the dentist doing this process, the better the result will be.

A new generation of composite resins allows dentists to mix and layer color tints and "opaquers" in much the same way that highlighters and other facial cosmetics can be blended to achieve various effects. Layering takes extra time, but an artistic dentist can reproduce the translucency of natural teeth.

- Direct bonding is considered a conservative restoration. "Little to no enamel is removed," Dr. Dolgow explains. "This means the patient still has the option of taking advantage of future technological developments."
- Indirect bonding using porcelain laminate veneers is more radical, but it is often the bonding of choice when teeth have been badly discolored by such medications as tetracycline, because the layering of color can be more precise.

*His name was changed, but Eric Davidson's story is a true one.

Dr. Goldstein makes a perfect match using his new color-corrected high-intensity lamp.

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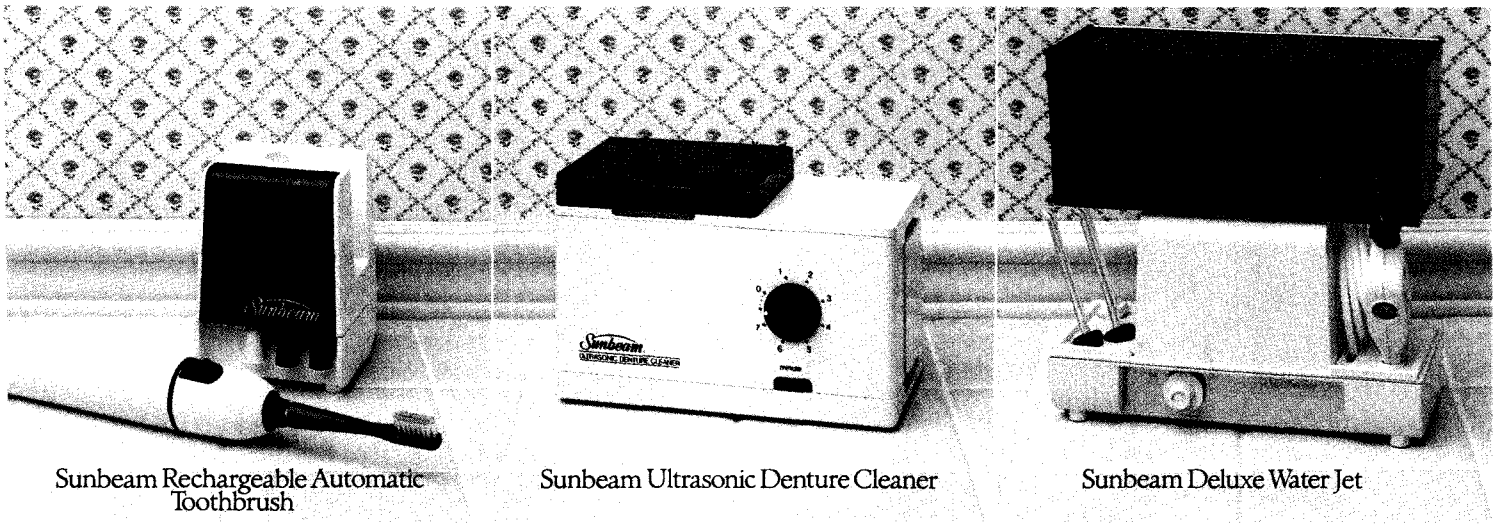

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In indirect bonding, the enamel on the front of the tooth must be reduced slightly so the tooth will not appear bulky when the porcelain shell is bonded into place. The chief disadvantage of this system, Dr. Goldstein says, is that the composite resin used to bond the laminate to the tooth can alter the veneer's color. "It can either lighten or darken the shade of the porcelain," Dr. Goldstein says. "The problem is, once the laminate is affixed to the tooth, it is impossible to remove it without literally cutting it off and redoing the process."

Nevertheless, porcelain laminate veneers have grown in popularity. "Porcelain can look closer to tooth enamel over an extended period of time," Dr. Goldstein says. "The reason is, the surface of porcelain is highly glazed while the surface of composite resin bonding can only be highly polished. Over a period of time, the polish will dull, but the porcelain will retain its glaze. Porcelain laminates are also less likely to chip or stain—the two faults of direct bonding."

All bonded teeth require special care. "You can't do everything you might do with your natural teeth," Dr. Goldstein says. "I recommend patients quit smoking, avoid large amounts of coffee and tea, not chew ice, and avoid biting bonded teeth directly into hard foods such as ribs, apples, and carrots."

The aesthetic uses of bonding continue to grow. Bonding is now used to:

—anchor fixed bridges for missing teeth;

—fill cavities on highly visible tooth surfaces;

—attach orthodontic braces to teeth;

—cover and protect the exposed roots of teeth where the gum line has receded;

—seal the pits and fissures on the biting surfaces of children's back teeth to prevent decay.

The bottom line, Dr. Goldstein says, is that bonding has made it possible for many to have better looking teeth and therefore a better self-image. Eric Davidson agrees. "It's made a tremendous difference in the way I act around friends and customers," he says. "Now I smile with confidence."

How to Find a Qualified Aesthetic Dentist

- Ask friends for recommendations. (Make sure you like the way their teeth turned out.)
- Write the American Academy of Esthetic Dentistry, 211 E. Chicago Ave., Suite 948, Chicago, IL 60611; or the American Society for Dental Aesthetics, 635 Madison Ave., New York, NY 10022, for referrals in your area.
- Ask questions about the procedure you're considering and the alternatives. You should get informative answers.
- Ask the dentist to see before-and-after pictures of his or her work on other patients. Then ask yourself if you like what you see.
- Do your homework. It's your smile; you should be familiar with your options and what each one entails. A good resource book is *Change Your Smile* by Ronald E. Goldstein, D.D.S. (Quintessence Publishing Co.).

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PUTTING YOUR BULBS TO BED

How to get your spring-flowering bulbs to repeat their dazzling performances year after year.

by Dr. Ellen Henke

As summer fades into autumn, the blooming gardens of the past months become just a memory. But now is the perfect time to prepare for the reemergence of those gardens. While the ground is still soft and the days are warm, home gardeners can plant flowering bulbs in anticipation of another colorful spring. Such spring-flowering bulbs as tulips, anemones, daffodils, hyacinths, and crocuses will fulfill any gardener's expectations.

Spring-flowering bulbs have delighted the imagination as far back as the time of the Pharaohs, who grew anemones and narcissus in their gardens. In the 1500s, tulips were introduced to western Europe from Turkey, where they had been grown for centuries. They soon became the rage of the day, and in 1634, "tulipmania" struck full force in Holland. It wasn't unusual to pay more than $5,000 for a single bulb of a new tulip variety. People were known to stake their entire businesses on unsuccessful tulip ventures. Tulipmania was short-lived, however, and many speculators were left financially ruined.

Since the time of tulipmania, Holland has been synonymous with bulbs. The Dutch have developed bulb growing as an art and a science. Holland's famed Keukenhof, the largest bulb garden in the world, near Lisse, is the ultimate expression of this art and science. There, Henk Koster, a landscape architect, has created a harmonious composition of color and texture with flowering bulbs each spring for the past 18 years. His palette consists of 6 to 7 million tulips, daffodils, crocuses, hyacinths, and other bulbs. Approximately 90 bulb-garden scenarios are played out within the one larger garden, and each year the stories change. On display at Keukenhof are French, Dutch, and English gardens, as well as a recently opened American-style garden, complete with a patio, a barbecue, and a stack of firewood. In the American garden, the bulb flowers are featured along the pathways and at the edge of the patio. The French garden features more formal beds of bulbs set off with symmetrically clipped hedges. Visitors can sample the garden style of each country and integrate what they see into their own gardens.

To understand how simple it is to grow a bulb, take a tulip or daffodil bulb and cut it in half with a sharp knife. The tiny embryo of the future flower is surrounded by the leaves, which contain the food to nurture it in your garden. The first year is just about foolproof! And by following just a few simple tips, you can get most spring-flowering bulbs to repeat their dazzling performances year after year.

• *Planning* is as important for the home gardener as it is at Keukenhof, where the primary rule for the garden designs is to mass for impact. Bulbs planted so that they march single file along a walkway will prove a disappointment. Mass those same bulbs, and you will create a focal point for a smashing spring display. No fewer than 12 bulbs of a single variety should be used in each grouping, and groupings should be repeated several times in the landscape for balance and harmony. Don't skimp! If you are on a tight budget, develop a long-range plan and add to your garden each fall.

Position your bulb displays so they can be enjoyed from both indoors and outdoors. Daffodils will turn to face the sun, so plan accordingly. Use bulbs to brighten edges of walkways and patios, trunks of deciduous trees, and special nooks or corners.

I like to think of my spring-flowering bulbs as living bouquets: pink tulips underplanted with blue forget-me-nots; yellow King Alfred daffodils grouped with blue violas; orange tulips underplanted with yellow violas and blue grape hyacinths; white lily-flowered tulips planted with the new

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black pansies; or mixed ranunculuses underplanted with white sweet alyssum. As a bonus, the underplantings will help camouflage the fading bulb foliage. Select colors compatible with the rest of your spring garden. If you do create an unpleasing combination, you can always change it for the next season.

To maximize and extend the display in your garden, choose early, mid-season, and late varieties of bulbs. With proper planning you can have a sequence of blooms all spring or several color changes throughout the season. Be sure to position the shorter varieties at the front of the bed; if you feature a sequence in the same bed, plant the early bloomers in front of the late bloomers for the most pleasing effect. (I prefer to feature each sequence separately for maximum impact.)

- *Purchase* spring-flowering bulbs from a reputable mail-order company or nursery. This choice is critical. If the bulb is not large enough, or if it has been stored at a warm temperature, *it will not bloom*. Choose only firm, plump, large bulbs with no deep scars and with intact paper-like coverings (tunics). Small nicks and loose tunics are acceptable. The size of the bulb depends on the variety; be sure to get the largest size for that variety. The only exception is the anemone, which flowers best from the smallest bulb. And you should soak anemone bulbs overnight before planting.

You will notice that daffodils have up to three growing tips, or "noses." The best buy is a grade one with two noses; the next choice is a grade two with two noses. Each nose produces one flower. You want to achieve a balance between the number of blooms and the size of the blooms.

- *Store* the bulbs in the refrigerator or some other cool place until planting time. On planting day, don't let the sunlight heat the bulbs.
- The right *time to plant* is in the fall—generally, the sooner the better. Bulbs planted in early fall have sufficient time to develop a good root system before the ground freezes, and that's what produces a good flower show the next spring. Tulips are the exception: the warmer the climate, the later in the fall you should plant. In southern and western gardens, where the ground does not freeze in

continued on page 82

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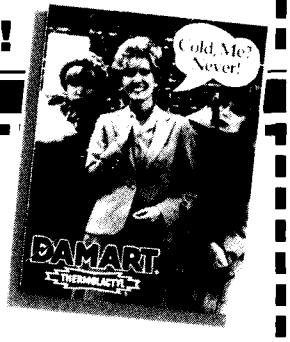

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POST SCRIPTS

Miracle of Miracles

The famous world traveler was sneaking a bottle across the border when a customs official stopped and searched him. Upon discovering the bottle, the official asked the man what was in it.

"Holy water," the traveler replied, "taken from a shrine I visited."

Doubting the man's word, the inspector opened the bottle, took a sip, and almost fell backward. "This is tequila!" he shouted.

"Good heavens!" cried the traveler, looking up to the sky. "Yet *another* miracle!"

—Kris Lee

Living on a Prayer

Two nuns were making calls in a tough part of the city one morning. When they got back to their rather dilapidated car, they said a little prayer, hoping it would start. But it didn't, despite several attempts.

Just then, a tough-looking man who had been watching them tapped on the driver's window and motioned for the sister to move over and let him try. It had been only slightly flooded, and it started instantly for him.

As the nuns thanked him profusely, the man shrugged. "That's O.K., sister," he replied. "I ain't never been the answer to a prayer before."

—Martha J. Beckman

No Fooling

The first thing I learned
At that marvelous charm school
Was to say, "How eccentric!"
Instead of "You darn fool!"

—Henry F. Hill

Artful Dodger

A salesclerk asked his supervisor how to handle women who complained about the prices and compared them to the low prices in the "good old days." The supervisor was quick to reply:

"Just act surprised and tell them you didn't think they were old enough to remember them."

—James Curnane

Dress Rehearsal

Conference: a meeting at which people talk about what they should already be doing.

—James Curnane

Slow Food for Fast Times

"No nuggets," we informed the kids.
"No fries or flame-broiled fare.
We're eating at a restaurant
On cloth, with silverware.

The waiter'll bring the food on plates,
And not in Styrofoam."
"That isn't eating out," they cried.
"It's just like staying home!"

—Ann Yost

Milking a Response

During the war, a visitor noticed a husky-looking young farm hand milking a cow. "How come you're not at the front?" she demanded.

"Ma'am," the young man replied, "that ain't where the milk is."

—Kenneth E. Hall

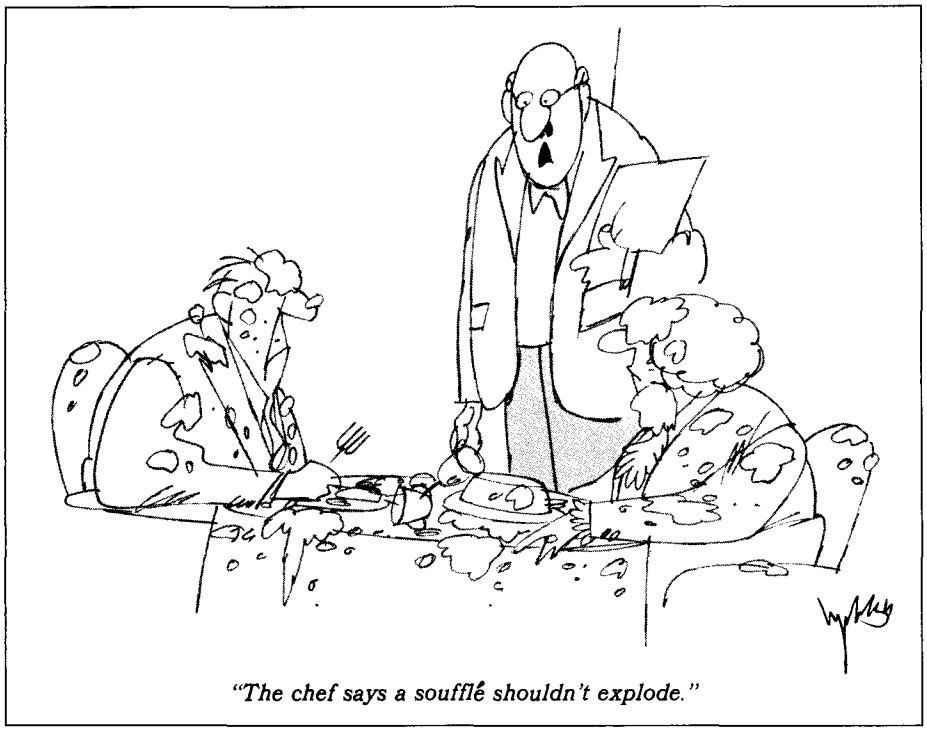
Drifting Too Far from the Shore

"He's going to talk to us about his *naval* experiences?" the man said incredulously as he read the schedule for his lodge's upcoming meetings. "Poppycock! The nearest he ever came to a naval experience was when his basement flooded and his rowing machine sank!"

—Kenneth E. Hall

Holy Terror

A pastor of a small rural church had died, and the job of being his fill-in fell to the most senior deacon. Although this gentleman approached his new job with some trepidation, he was nevertheless well-prepared his



"The chef says a soufflé shouldn't explode."

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first Sunday in the pulpit.

"I want everyone to take out a piece of paper and a pencil," he announced to the congregation. When he saw that everyone had done so, he continued: "We are now going to have a contest. As I preach my sermon, I want you to write down every mistake I make. I want you to be very hard on me; don't hold anything back. At the end of the service, your papers will be picked up."

He then fixed on the congregation a stern look: "The one who has the longest list wins the grand prize—which is to preach the sermon next Sunday."

—Martha J. Beckman

Some of Our Own Medicine

It's amazing how sophisticated kids have become. Two six-year-olds decided they were going to play doctor. One said, "You operate, and I'll sue."

—Oliver E. Frazier

Found Wanting

Perusing the want ads, I'm haunted
By a fact that seems never to fail:
The things that I want all are Wanted,
And the things I would sell are For Sale!

—Richard Armour

I Wouldn't Pet on It

We've got a squirrel in the attic;
We've got a robin in the eave.
We've got a chipmunk in the garden;
We've got pets you won't believe.

We've got roaches in the kitchen
And a collie in the house.
We've got a kitten in the carport,
And, yes, we've got a mouse.

We've got parakeets and goldfish;
We've got turtles in a tank.
We've got gerbils in the bathroom
And a guinea pig named Hank.

We've got an ant farm in the sugar bowl
And a pregnant Peekapoo.
We've got a station wagon full of kids,
And we're going to the zoo!?

—Charles Ghigna

Filled to Overflowing

Soprano: Did you notice last night how my voice just filled the concert hall?
Contralto: Yes, dear. In fact, I noticed several people who were leaving to make room for it.

—B. Bader

The Second Time Around

A couple of elderly men were reminiscing. "Almost all our friends are gone, but I miss old Joe the most," one said.

"Why Joe?"

"Because I married his widow."

—Oliver E. Frazier

Green for the Green

"What do you have for the man who has everything?" the customer asked the clerk in the big department store.

"Envy," the clerk replied.

—Lane Olinghouse

Name Your Price

The famous but not-so-bright athlete held a press conference to announce the release of his new book.

Reporter: What is your new book about?
Athlete: Oh, about $16.95.

—Bill Kreifeldt

Daddy Psychology

In a supermarket, the man was pushing a shopping cart that held a screaming, distraught baby. The man kept repeating such soothing admonitions as "Keep calm, Bobby" and "Don't get upset, Bobby."

Overhearing this, a passing woman said, "I admire you, sir. You have shown great patience in trying to pacify little Bobby."

The man sighed. "*I'm* Bobby," he replied.

—Bill Kreifeldt

The Man That Got Away

She worked with vim to alter him;
She nagged, she raged, she harried.
He made the change—she said, "It's strange;
He's not the man I married."

—Thomas LaMance

Truth Theorem

The shortest distance between true loves is a straight life.

—Charles Ghigna

Some F-words

Fashions: Garments that usually go to extremes, but not to extremities.
Fad: A fashion that goes in one era and out another.
Failure: The path of least persistence.

—Gustav Berle

Caught in the Act

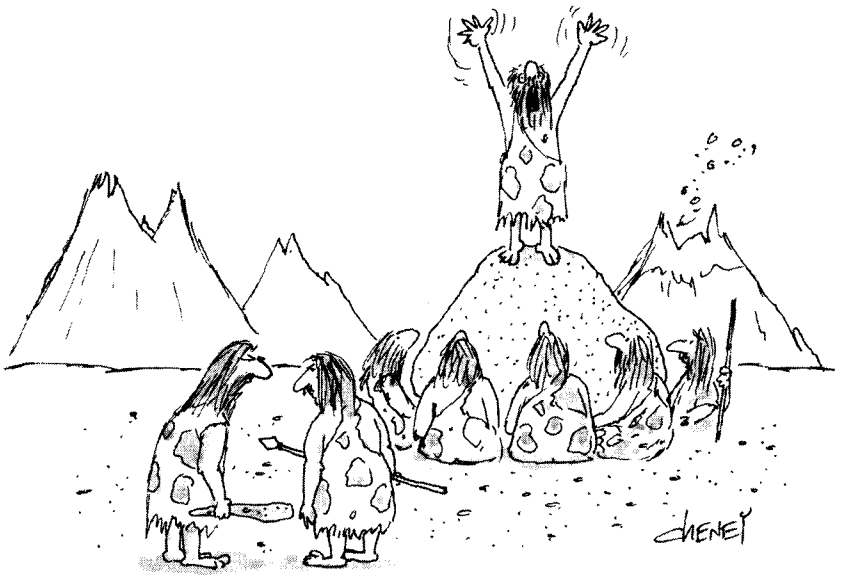
The teacher asked one of her pupils to define the word "ignorance." The youngster didn't hedge: "It's when you don't know something—and somebody finds out."

—Herm Albright

Thanks, Boss

What's the best way to appreciate your job? Just imagine yourself without it.

—Rose Sands



"Sure—now he's all 'ook-ook' and 'eek-eek,' but if he gets elected, it'll just be the same old 'unga-bunga-bunga.'"

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AMATEUR BOWLERS ON A ROLL

Today's megabuck contenders can pick up a spare quarter million all in an afternoon's work.

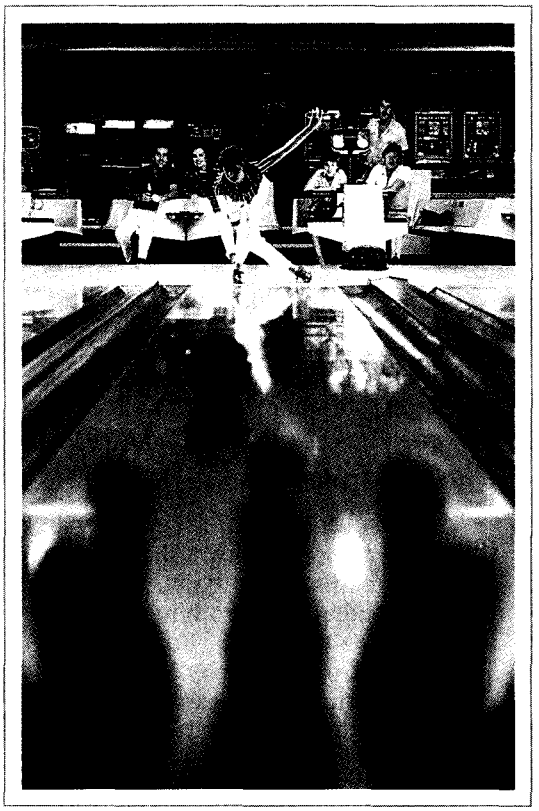
by Walter Roessing

Along with 473 other amateur bowlers from all 50 states and a dozen foreign countries, Ken Domzalski arrived in Las Vegas in October 1985 to compete in the $1 million American Dream Classic. He and his wife, Karen, were attracted by the phenomenal winner's prize of $250,000.

"Amateur bowlers love this event because, in just one week, they can win more money than most pros do in their entire careers," says Buddy Finkelberg, the originator of the sport's megabuck tournament concept. "The American Dream winner walks away with a check for $250,000, the world's largest guaranteed payoff in amateur sports. The double-elimination affair attracts physicians, engineers, teachers, college students, you name it, each of whom pays a $1,000 entry fee."

But the Domzalskis' first 48 hours in America's gambling mecca were anything but lucky. First their plane was late; next they had a hassle with a rental-car company; and then their room at the Showboat Hotel was burglarized. Although the burglars broke down their door and ransacked the premises, the couple had not left any valuables in the room. However, it took hours for the hotel to find them another room, so it was 3:30 a.m. before the exhausted couple went to sleep—just 5½ hours before Ken's opening match in the American Dream Classic at Sam's Town Bowling Center.

Slated to bowl at 9 a.m. Sunday, the Bedford, Ohio, kegler left a wake-up call for 7:15. But once again, things went awry. Someone forgot to tell the front desk about the room change, and the wake-up call never came. It was 9:10 when Domzalski finally awoke.



Bowlers are striking while the sport is hot—and tournament sponsors are not sparing the cash.

Within seconds, he was on the phone and frantically pleading with tournament officials to delay his match a few more minutes. However, by the time he arrived at Sam's Town, his match was under way and a pair of zeros had been posted for the first two frames on his side of the scoresheet.

"I was mad, but I told myself there was nothing I could do about it," Domzalski reminisces. "I decided not to let it bother me and to concentrate instead on keeping the ball in play." He rolled four consecutive strikes to win, 190-176. When he returned to his hotel, an insect problem forced him to change rooms twice more.

Four days later, following eight victories and one defeat, Domzalski had advanced to the five-man finals. But he was uneasy about his televised Thursday matches because—true to form—his sleep had been interrupted once again by noisy crickets inside his hotel room.

Nevertheless, talking to himself throughout the finals, the 23-year-old "Bedford Bomber" methodically disposed of three opponents before facing undefeated Dennis Amburn of Black Hawk, South Dakota. Because of the tournament's double elimination format, Domzalski had to beat Amburn twice to win the 1985 championship, which he did 211-171 and 203-156. "I was shaking like a leaf when it was all over," Domzalski says today. "But I felt better when I got the $250,000 check plus a fancy suite—without crickets or burglars—at Sam's Town."

Domzalski will attempt to become the first two-time champion of the classic when the megabuck tournament is held October 23-29 at Sam's Town.

Head-to-head megabuck tournaments are now the rage in bowling, a sport popularized by U.S. presidents, college graduates, corporate executives, grandmothers, truck drivers, and several thousand members of the American Blind Bowling Association. Bowling has become such an everyman sport that even the White House has an eight-team league, involving everyone from secretaries to members of the Secret Service. Altogether, some 8 million U.S. men and women bowl regularly, and another 59 million more casually. More Americans bowl than attend pro football, baseball, or basketball games.

These amateur keglers win more

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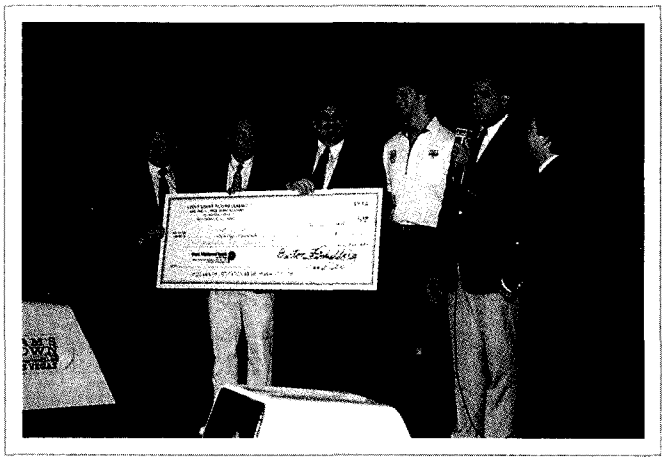
than $1 billion in cash prizes each year in amateur bowling tournaments. The richest events are held in Cincinnati, Las Vegas, Atlantic City, and Chicago. Topping the list are the world's biggest megabuck scratch events, the $1.43 million High Roller and the $1 million American Dream Classic—both held at Las Vegas hotel-casinos. "Vegas is the ideal location for these megabuck tournaments because the competitors and their families can have fun even when they're not bowling," Finkelberg says. "We started the Dream Classic in Elk Grove [Village], Illinois, a Chicago suburb. But we discovered that few bowlers were enthusiastic about spending a week's vacation in Elk Grove."



Larry Larvick, an unknown in a field of 531 bowlers when he entered the 1986 American Dream Classic in Las Vegas, accepts the winner's check for a tidy $250,000.

Now that the tourney is about to celebrate its sixth anniversary, Finkelberg points out that it has created a whole new experience within the bowling industry. "Think of what we've done for the travel business, for corporate sponsors, and for all the amateur nobodies out there who dream of striking it rich," he says.

Those nobodies used to include lighthearted Larry Larvick. Like Ken Domzalski before him, Larvick was an unknown in a field of 531 bowlers when he entered the 1986 American Dream Classic. "I was born to bowl," says the 23-year-old Larvick, who hails from Aurora, Colorado, and works part-time as a pro shop operator at the Fair Lanes Broadway bowling center in Littleton. "My dad owned a bowling center in Williston, North Dakota, when I was born. And when he sold it when I was 13, I worked part-time at the other bowling center in town. It was there that I built my average up to 214."

Larvick was so nervous when last year's tournament started that he wouldn't let his parents or his brother watch his matches. "He'd make us wait upstairs, then come running up to tell us what happened," his mother, Florence Larvick, says.

Larry explains: "I knew that if my family was watching and they saw me miss a spare or something, they'd start worrying. So I told them not to watch. But when I lost to Steve Minnick after winning my first seven matches, I figured it didn't make any difference."

Just like Domzalski, Larvick not only gained the finals, but he also had to twice whip the undefeated top seed, Minnick, to win the title. Calmly, he cruised past Minnick, a 24-year-old college student from Utica, New York, 198-169 and 236-150, to claim the $250,000 first prize—plus two bonuses.

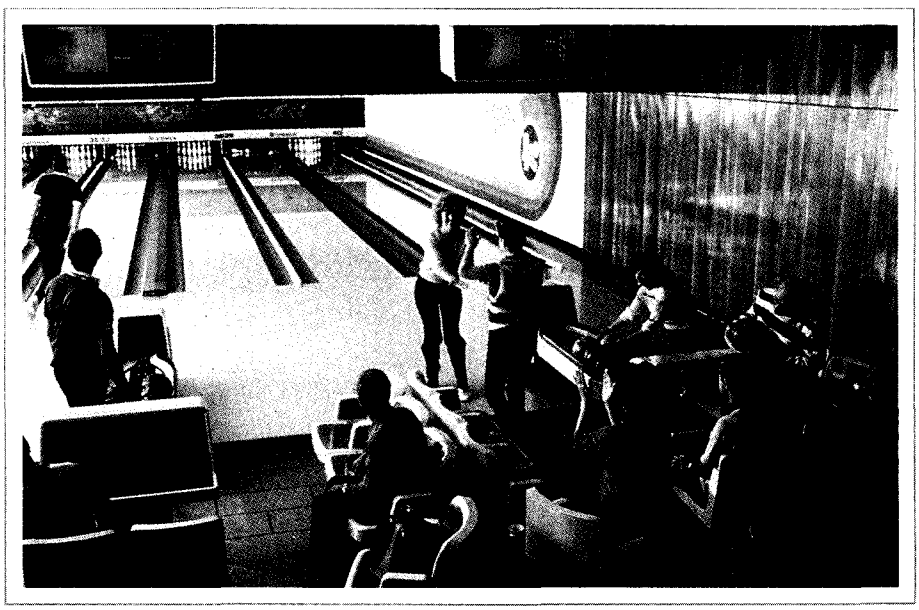
His boss gave him another week off from work, and the home folks in Williston threw the young bachelor a victory parade.

Las Vegas' other megabuck tournament, the High Roller, is held each July at the Showboat Hotel Bowling Center, the nation's biggest complex with 106 lanes. A single-elimination affair with a $200,000 top prize, it draws an international field of nearly 1,400 entries. "With our format, luck plays a big part in who wins," explains Norm Edelman, the High Roller president. "The best bowler in the field has never won our event, and we have never had a repeat winner. Jim Dougherty, 27, of Oklahoma City was our 1987 champion." The finals are telecast by the ESPN cable-TV network, the pros Mark Roth and Dick Weber manning the microphones. A smaller High Roller tournament will be introduced October 24-27 at the new Showboat Hotel, Casino, and Bowling Center in Atlantic City.

Cincinnati is the site of the nation's largest handicap tourney. Called the Hoinke Classic, it spans 45 weeks from January through November at the Western Bowl and pays out $2.3 million in prize booty. Hoinke's premier event is the $515,000 Super Classic on Thanksgiving weekend. That's another megabuck tournament, in which 1,280 bowlers vie in a single-elimination scratch format for a winner's purse of $80,000.

Such megabuck events are great for amateurs. But, as you might expect, pro bowlers—whose top guaranteed

continued on page 88



Computer readouts now spare bowlers the task of keeping score—all the better for concentrating on the game, which could be on its way to becoming an Olympic sport.

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ONE HEALTHY OFFER DESERVES ANOTHER.
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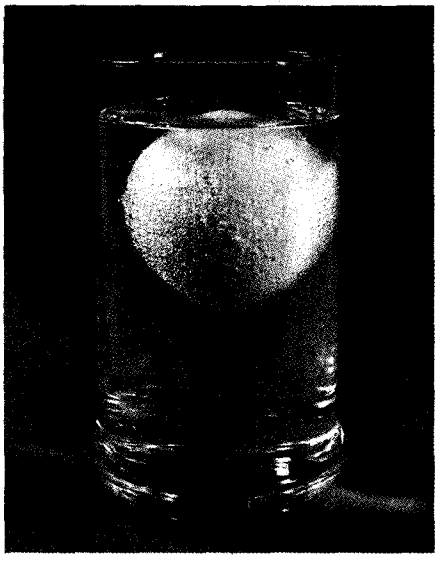
Savings on the POST and FREE Citracal!

Just as calcium is necessary for healthy bones, so is *The Saturday Evening Post* good for the funnybone . . . and the wishbone (if, that is, your wishes include good fiction as well as enlightening articles on medical research, religion, travel, food, sports, recipes, pet care, dental care, and fun features for all the family).

Why do we want you to have Citracal in your medicine cabinet as well as the *Post* on your coffee table? Because, just as the *Post* is good for you, Citracal might be a better way to supplement calcium. And for its discovery we have to thank Dr. Charles Pak, a urologist from the University of Texas Southwestern Medical School.

When Dr. Pak first put his patients on calcium, he happened upon a solution for those who were distressed by gas and bloating from taking calcium-carbonate preparations. The solution, calcium citrate, came to him at Philadelphia's Franklin Institute Science Museum, as he watched an egg (with its calcium-carbonate shell) brought to the surface in a bowl of vinegar by carbon-dioxide bubbles.



No different, he thought, from the carbon-dioxide gas formed when calcium carbonate reaches the hydrochloric acid in the stomach. Observing the power of the gas bubbles, he then understood why 30 percent of patients can't tolerate calcium-carbonate supplements. Thus this clever scientist tried replacing the carbonate with calcium citrate for those patients—no more gas, no more bloating. Then he induced a manufacturer to produce this product, which he called Citracal.

For your Society's research program, the timing couldn't have been better, as we were launching an all-out campaign urging our readers to take calcium supplements for the possible prevention of broken hips in later life. (The Sloane-Kettering Institute has also found reasons to believe that adequate calcium might prevent colon cancer.)

Now let's add up the score. With any original order or renewal to the *Post*, we'll include a FREE 100-tablet bottle of Citracal. On a one-year subscription, you'll save $4.58; a two-year subscription will save you $11.13; but best of all is the $19.68 you'll save on a *three-year* subscription.

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JOHNNY PYE AND THE FOOL-KILLER

Johnny Pye knew that he hadn't quite settled accounts with the Fool-Killer.

by Stephen Vincent Benét

Illustrated by F.R. Gruber

Synopsis

Ever since Johnny was a boy, he'd heard talk of the Fool-Killer. And almost everyone in Martinsville had said Johnny was a fool—except Susie Marsh. So he packed his duds one day and set off. He tried his hand with an herb doctor, a merchant, even a drunken fiddler, but still he heard the Fool-Killer's heavy steps behind him. Then Johnny hooked up with a congressman—Susie Marsh's uncle. With Susie's promise of marriage and her uncle's help, Johnny was sure he'd lick his troubles. Why, the president himself listened to Johnny's story and offered his advice: "Politics!"

Conclusion:

"Well," said Johnny, scratching his head, "of course, since I've been in Washington, I've thought of that. But I don't know if I'm rightly fitted."

"You can write a speech," said Congressman Marsh, quite thoughtful, "for you've helped me with mine. You're a likable fellow, too. And you were born poor and worked up—and you've even got a war record—why, hell! Excuse me, Mr. President!—he's worth 500 votes just as he stands!"

"I—I'm more than honored by you two gentlemen," said Johnny, abashed and flattered, "but supposing I did go into politics—where would I end up?"

The president looked sort of modest.

"The presidency of the United States," said he, "is within the legitimate ambition of every American citizen. Provided he can get elected, of course."

"Oh," said Johnny, feeling dazzled, "I never thought of that. Well, that's a great thing. But it must be a great responsibility too."

"It is," said the president, looking just like his picture on the campaign buttons.

"Why, it must be an awful responsibility!" said Johnny. "I can't hardly see how a mortal man can bear it. Tell me, Mr. President," he said, "may I ask you a question?"

"Certainly," said the president, looking prouder and more responsible and more and more like his picture on the campaign buttons every minute.

"Well," said Johnny, "it sounds like a fool question, but it's this: This is a great big country of ours, Mr. President, and it's got the most amazing lot of different people in it. How can any president satisfy all those people at one time? Can you yourself, Mr. President?"

The president looked a bit taken aback for a minute. But then he gave Johnny Pye a statesman's glance.

"With the help of God," he said solemnly, "and in accordance with the principles of our great party, I intend——"

But Johnny didn't even hear the end of the sentence. For, even as the president was speaking, he heard a step outside in the corridor and he knew, somehow, it wasn't the step of a secretary or a guard. He was glad the president had said "with the help of God" for that sort of softened the step. And when the president finished, Johnny bowed.

"Thank you, Mr. President," he said. "That's what I wanted to know. And now I'll go back to Martinsville, I guess."

"Go back to Martinsville?" said the president, surprised.

"Yes, sir," said Johnny. "For I don't think I'm cut out for politics."

"And is that all you have to say to the president of the United States?" said his uncle-to-be, in a fume.

But the president had been thinking, meanwhile, and he was a bigger man than the congressman.

"Wait a minute, congressman," he said. "This young man's honest, at least, and I like his looks. Moreover, of all the people who've come to see me in the last six months, he's the only one who hasn't wanted something—except the White House cat, and I guess she wanted something, too, because she meowed. You don't want to be president, young man—and, confidentially, I don't blame you. But how would you like to be postmaster at Martinsville?"

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"Postmaster at Martinsville?" said Johnny. "But——"

"Oh, it's only a tenth-class post office," said the president, "but, for once in my life, I'll do something because I want to, and let Congress yell its head off. Come—is it yes or no?"

Johnny thought of all the places he'd been and all the trades he'd worked at. He thought, queerly enough, of the old drunk fiddler dead in the ditch, but he knew he couldn't be that. Mostly, though, he thought of Martinsville and Susie Marsh. And, though he'd just heard the Fool-Killer's step, he defied the Fool-Killer.

"Why, it's yes, of course, Mr. President," he said, "for then I can marry Susie."

"That's as good a reason as you'll find," said the president. "And now, I'll just write a note."

Well, he was as good as his word, and Johnny and his Susie were married and went back to live in Martinsville. And, as soon as Johnny learned the ways of postmastering, he found it as good a trade as most. There wasn't much mail in Martinsville, but in between whiles, he ran the mill, and that was a good trade too. And all the time, he knew, at the back of his mind, that he hadn't quite settled accounts with the Fool-Killer. But he didn't care much about that, for he and Susie were happy. And after a while they had a child, and that was the most remarkable experience that had ever happened to any young couple, though the doctor said it was a perfectly normal baby.

One evening, when his son was about a year old, Johnny Pye took the river road, going home. It was a mite longer than the hill road, but it was the cool of the evening, and there's times when a man likes to walk by himself, fond as he may be of his wife and family.

He was thinking of the way things had turned out for him, and they seemed to him pretty astonishing and singular, as they do to most folks, when you think them over. In fact, he was thinking so hard that, before he knew it, he'd almost stumbled over an old scissors grinder who'd set up his grindstone and tools by the side of the road. The scissors grinder had his cart with him, but he'd turned the horse out to graze—and a lank, old, white horse it was, with every rib showing. And he was very busy, putting an edge on a scythe.

Johnny began to tremble.
"But it isn't you!" he said, wildly.
"I mean you're not him!"

"Oh, sorry," said Johnny Pye. "I didn't know anybody was camping here. But you might come round to my house tomorrow—my wife's got some knives that need sharpening."

Then he stopped, for the old man gave him a long, keen look.

"Why, it's you, Johnny Pye," said the old man. "And how do you do, Johnny Pye! You've been a long time coming—in fact, now and then, I thought I'd have to fetch you. But you're here at last."

Johnny Pye was a grown man now, but he began to tremble.

"But it isn't you!" he said, wildly. "I mean you're not him! Why, I've known how he looks all my life! He's a big man, with a checked shirt, and he carries a hickory stick with a lump of lead in one end."

"Oh, no," said the scissors grinder, quite quiet. "You may have thought of me that way, but that's not the way I am." And Johnny Pye heard the scythe go whet-whet-whet on the stone. The old man ran some water on it and looked at the edge. Then he shook his head as if the edge didn't quite satisfy him. "Well, Johnny, are you ready?" he said, after a while.

"Ready?" said Johnny, in a hoarse voice. "Of course I'm not ready."

"That's what they all say," said the old man, nodding his head, and the scythe went whet-whet-whet on the stone.

Johnny wiped his brow and started to argue it out.

"You see, if you'd found me earlier," he said, "or later. I don't want to be unreasonable, but I've got a wife and a child."

"Most has wives and many has children," said the old man grimly, and the scythe went whet-whet on the stone as he pushed the treadle. And a shower of sparks flew, very clear and bright, for the night had begun to fall.

"Oh, stop that damn racket and let a man think for a minute!" said Johnny, desperate. "I

"If you'll answer one question of mine—how a man can be a human being and not be a fool—I'll let you off permanent."

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can't go, I tell you. I won't. It isn't time. It's——"

The old man stopped the grindstone and pointed with the scythe at Johnny Pye.

"Tell me one good reason," he said. "There's men would be missed in the world, but are you one of them? A clever man might be missed, but are you a clever man?"

"No," said Johnny, thinking of the herb doctor. "I had a chance to be clever, but I gave it up."

"One," said the old man, ticking off on his fingers. "Well, a rich man might be missed—by some. But you aren't rich, I take it."

"No," said Johnny, thinking of the merchant, "nor wanted to be."

"Two," said the old man. "Cleverness—riches—they're done. But there's still martial bravery and being a hero. There might be an argument to make, if you were one of those."

Johnny Pye shuddered a little, remembering the way that battlefield had looked out West when the Indians were dead and the fight over.

"No," he said, "I've fought, but I'm not a hero."

"Well, then, there's religion," said the old man, sort of patient, "and science, and—but what's the use? We know what you did with those. I might feel a trifle of compunction if I had to deal with a president of the United States. But——"

"Oh, you know well enough I ain't president," said Johnny, with a groan. "Can't you get it over with and be done?"

"You're not putting up a very good case," said the old man, shaking his head. "I'm surprised at you, Johnny. Here you spend your youth running away from being a fool. And yet, what's the first thing you do when you're man grown? Why, you marry a girl, settle down in your hometown, and start raising children when you don't know how they'll turn out. You might have known I'd catch up with you, then—you just put yourself in my way."

"Fool I may be," said Johnny Pye in his agony, "and if you take it like that, I guess we're all fools. But Susie's my wife, and my child's my child. And, as for work in the world—well, somebody has to be postmaster, or folks wouldn't get the mail."

"Would it matter much if they didn't?" said the old man, pointing his scythe.

"Well, no, I don't suppose it would, considering what's on the post cards," said Johnny Pye. "But while it's my business to sort it, I'll sort it as well as I can."

The old man whetted his scythe so hard that a long shower of sparks flew out on the grass.

"Well," he said, "I've got my job, too, and I do it likewise. But I'll tell you what I'll do. You're coming my way, no doubt of it, but looking you over, you don't look quite ripe yet. So I'll let you off for a while. For that matter," said he, "if you'll answer one question of mine—how a man can be a human being and not be a fool—I'll let you off permanent. It'll be the first time in history," he said, "but you've got to do something on your own hook once in a while. And now you can walk along, Johnny Pye."

With that he ground the scythe till the sparks flew out like the tail of a comet and Johnny Pye walked along. The air of the meadow had never seemed so sweet to him before.

All the same, even with his relief, he didn't quite forget, and sometimes Susie had to tell the children not to disturb father because he was thinking. But time went ahead, as it does, and pretty soon Johnny Pye found he was 40. He'd never expected to be 40 when he was young, and it kind of surprised him. But there it was, though he couldn't say he felt much different, except now and then when he stooped over. And he was a solid citizen of the town, well-liked and well-respected, with a growing family and a stake in the community, and when he thought those things over, they kind of surprised him too. But pretty soon, it was as if things had always been that way.

"Your Thomas is over at my house. He's asking for political asylum."

It was after his eldest son had been drowned out fishing that Johnny Pye met the scissors grinder again. But this time, he was bitter and distracted, and, if he could have got to the old man, he'd have done him a mortal harm. But, somehow or other, when he tried to come to grips with him, it was like reaching for air and mist. He could see the sparks fly from the ground scythe, but he couldn't even touch the wheel.

"You coward!" said Johnny Pye. "Stand up and fight like a man!" But the old man just nodded his head and the wheel kept grinding and grinding.

"Why couldn't you have taken me?" said Johnny Pye, as if those words had never been said before. "What's the sense in all this? Why can't you take me now?"

Then he tried to wrench the scythe from the old man's hands, but he couldn't touch it. And then he fell down and lay on the grass for a while.

"Time passes," said the old man, nodding his head. "Time passes."

"It will never cure the grief I have for my son," said Johnny Pye.

"It will not," said the old man, nodding his head. "But time passes. Would you leave your wife a widow and your other children fatherless for the sake of your grief?"

"No, God help me!" said Johnny Pye. "That wouldn't be right for a man."

"Then go home to your house, Johnny Pye," said the old man. And Johnny Pye went, but there were lines in his face that hadn't been there before.

And time passed, like the flow of the river, and Johnny

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Pye's children married and had houses and children of their own. And Susie's hair grew white, and her back grew bent, and when Johnny Pye and his children followed her to her grave, folks said she'd died in the fullness of years, but that was hard for Johnny Pye to believe. Only folks didn't talk as plain as they used to, and the sun didn't heat as much, and sometimes, before dinner, he'd go to sleep in his chair.

And once, after Susie had died, the president of those days came through Martinsville and Johnny Pye shook hands with him and there was a piece in the paper about his shaking hands with two presidents, 50 years apart. Johnny Pye cut out the clipping and kept it in his pocketbook. He liked this president all right, but, as he told people, he wasn't a patch on the other one 50 years ago. Well, you couldn't expect it—you didn't have presidents these days, not to call them presidents. All the same, he took a lot of satisfaction in the clipping.

He didn't get down to the river road much any more—it wasn't too long a walk, of course, but he just didn't often feel like it. But one day he slipped away from the granddaughter that was taking care of him and went. It was kind of a steep road, really—he didn't remember its being so steep.

"Well," said the scissors grinder, "and good afternoon to you, Johnny Pye."

"You'll have to talk a little louder," said Johnny Pye. "My hearing's perfect, but folks don't speak as plain as they used to. Stranger in town?"

"Oh, so that's the way it is," said the scissors grinder.

"Yes, that's the way it is," said Johnny Pye. He knew he ought to be afraid of this fellow, now he'd put on his spectacles and got a good look at him, but for the life of him, he couldn't remember why.

"I know just who you are," he said, a little fretfully. "Never forget a face in my life, and your name's right on the tip of my tongue——"

"Oh, don't bother about names," said the scissors grinder. "We're old acquaintances. And I asked you a question, years ago—do you remember that?"

"Yes," said Johnny Pye, "I remember." Then he began to laugh—a high, old man's laugh. "And of all the fool questions I ever was asked," he said, "that certainly took the cake."

"Oh?" said the scissors grinder.

"Uh-huh," said Johnny Pye. "For you asked me how a man could be a human being and yet not be a fool. And the answer is—when he's dead and gone and buried. Any fool would know that."

"That so?" said the scissors grinder.

"Of course," said Johnny Pye. "I ought to know. I'll be 92 next November, and I've shook hands with two presidents. The first president I shook——"

"Frankly, Jeffrey, I'm breaking off our relationship because you're too melodramatic."

"I'll be interested to hear about that," said the scissors grinder, "but we've got a little business, first. For, if all human beings are fools, how does the world get ahead?"

"Oh, there's lots of other things," said Johnny Pye, kind of impatient. "There's the brave and the wise and the clever—and they're apt to roll it ahead as much as an inch. But it's all mixed in together. For, Lord, it's only some fool kind of creature that would have crawled out of the sea to dry land in the first place—or got dropped from the Garden of Eden, if you like it better that way. You can't depend on the kind of folks people think they are— you've got to go by what they do. And I wouldn't give much for a man that some folks hadn't thought was a fool in his time."

"Well," said the scissors grinder, "you've answered my question—at least as well as you could, which is all you can expect of a man. So I'll keep my part of the bargain."

"And what was that?" said Johnny. "For, while it's all straight in my head, I don't quite recollect the details."

"Why," said the scissors grinder, rather testy, "I'm to let you go, you old fool! You'll never see me again till the Last Judgment. There'll be trouble in the office about it," said he, "but you've got to do what you like once in a while."

"Phew!" said Johnny Pye. "That needs thinking over!" And he scratched his head.

"Why?" said the scissors grinder, a bit affronted. "It ain't often I offer a man eternal life."

"Well," said Johnny Pye, "I take it very kind, but, you see, it's this way." He thought for a moment. "No," he said, "you wouldn't understand. You can't have touched 70 yet, by your looks, and no young man would."

"Try me," said the scissors grinder.

"Well," said Johnny Pye, "it's this way," and he scratched his head again. "I'm not saying—if you'd made the offer 40 years ago, or even 20. But, well, now, let's just take one detail. Let's say 'teeth.' "

"Well, of course," said the scissors grinder, "naturally—I mean you could hardly expect me to do anything about that."

"I thought so," said Johnny Pye. "Well, you see, these are good, bought teeth, but I'm sort of tired of hearing them click. And spectacles, I suppose, the same?"

"I'm afraid so," said the scissors grinder. "I can't interfere with time, you know—that's not my department. And, frankly, you couldn't expect at 180, let's say, to be quite the man you was at 90. But still, you'd be a wonder!"

"Maybe so," said Johnny Pye, "but, you see—well, the truth is, I'm an old man now. You wouldn't think it to

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CONFESSIONS OF AN M.D.

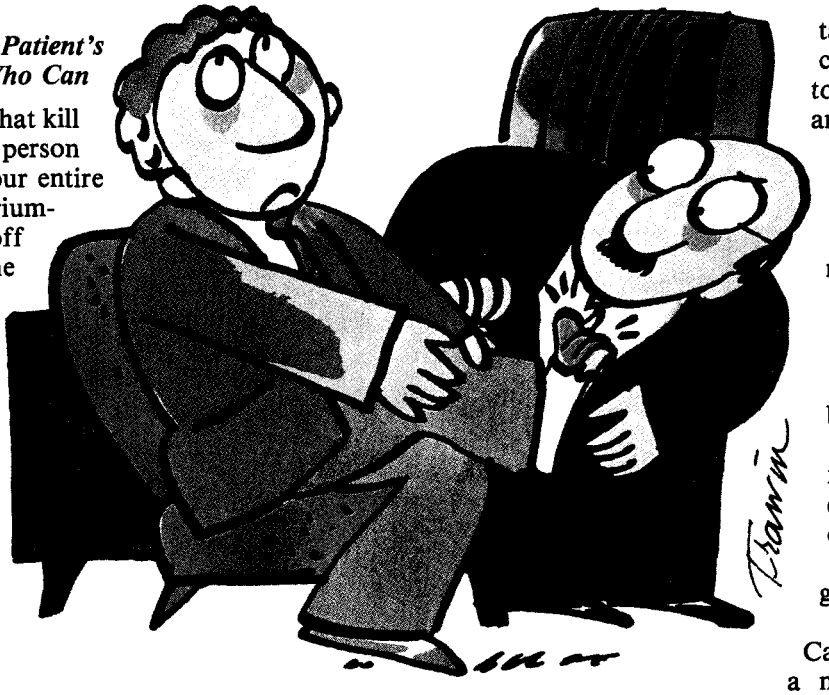
"The World's Best Doctor" reveals some of the rules that could make your doctor second best.

by Oscar London, M.D.

Illustrated by Don Trawin

If You Can't Save Your Patient's Life, Find Someone Who Can

It's the young deaths that kill you. If you can save one person from dying young in your entire career, you can feel triumphant when you pull off your stethoscope for the last time. In 1968, one of the coldest fish who ever entered the mainstream of medicine was a 63-year-old hematologist, now dead, who practiced down the hall from me. His dour personality defeated the spirits of hundreds of people who came to him for help. One of these people was a gorgeous 24-year-old woman; she had returned deathly ill to the States after a stint in Central America with the Peace Corps.



For a half hour I listened to his convoluted story about a severe, chronic pain in the first three toes of his right foot.

It was I, the World's Best Doctor, who referred this dying woman to the cold fish. She had consulted me at the insistence of her parents; a thorough workup at a famous medical center had left her with a diagnosis of aleukemic leukemia. The parents refused to accept that death warrant; the patient was too sick to care.

When I examined her, I despaired. Her lymph nodes were the size of golf balls; her liver and spleen, soccer balls. I reviewed the results of her previous diagnostic tests in detail. I finally concluded I didn't know what the hell was wrong with her. At that point, I called in the cold fish.

Dr. Carp (as I will call him) was the brightest physician I'd ever known. He subscribed to, and devoured, 60 medical journals—no issue of which he ever threw away; his consultation room resembled a Times Square magazine stand. I warned the patient and her parents that Dr. Carp would not bowl them over with his personality, but if anyone could put an accurate label on her illness, he could.

After he had examined her, Dr. Carp called me on the phone. I was startled to detect a hint of animation in his voice as he invited me to look at the patient's bone marrow slide with him. Leave it to Dr. Carp to repeat a painful bone marrow aspiration on the patient after she had already had two at the medical center. I told my secretary I'd be down the hall for a few minutes and to hold the fort.

Dr. Carp was seated at his $8,000 dual microscope as I was ushered into his small office laboratory. Without taking his eyes off the microscope, he beckoned me to sit down opposite him and peer into the second pair of eyepieces on the scope.

The bone marrow smear looked to me like myeloid suppression.

"Look at the red cell in the very center of the field," he said. "What do you see next to its left border?"

I looked, feeling like a first-year medical student about to be tossed on the economy.

"A platelet?" I guessed.

"Uh-uh," said Dr. Carp, switching the lens to a much higher magnification. "Take another look."

And there it was. A tiny one-eyed monster that was killing the patient. "What the heck kind of parasite is *that*?" I asked. The hair on the back of my neck stood up like exclamation points.

"The amastigote of *Leishmania donovani*," he said, savoring each syllable.

"You S.O.B.," I said, kicking him hard on the shins under the table. "You saved her life."

To soften the blow, I leaned forward and bestowed a loud kiss on the epicenter of his balding pate.

Dr. Carp looked up for the first time from his scope. "Why, Oscar," he said, "that was very sweet of you."

The merest trace of a smile was imprinted on his bloodless lips. That smile remained there for the last ten years of his life. The patient's response to high doses of Pentostam

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was a wonder to behold. She is now in her 40s, a successful author, and an ecstatic mother of three.

Did this case wrest from me the title of World's Best Doctor? Not at all. A clear understanding of how much I don't know about medicine is one of my great strengths.

After practicing medicine intensely for a few decades, what you ultimately learn is the phone number of a cold fish, or a warm heart, who can save your patient's life when you can't.

Tell an Addict to Take a Walk

I will agree to treat just about anyone who appears at my office door—but never an addict. My policy on accepting new patients is taken from the poem on the Statue of Liberty: "Give me your tired, your poor, your huddled masses yearning to breathe free." Huddled masses yearning to breathe free—that's my waiting room on a Friday afternoon. The Statue of Liberty, as far as I can tell, is not carrying a torch for an addict, and neither am I.

The day I started practice, I resigned from the first case I saw. An angelic, middle-aged man limped piteously into my office. For a half hour I listened to his convoluted story about a severe, chronic pain in the first three toes of his right foot. At the conclusion of his heartbreaking narrative, he looked down at his open-toed tennis shoe and wondered if I'd write him a prescription for aspirin with codeine. I promptly asked him to take a walk, his limp notwithstanding, and find another doctor. Any patient who requests a narcotic prescription on his first visit is out my door before you can say *Hydroconone.*

For years I tried to rehabilitate a wealthy married couple who were hooked on vodka. At breakfast they tinged their vodka with orange juice; at lunch, they pinkened their vodka with tomato juice; at dinner, they sweetened their vodka with vodka. Each year at Christmas they were found sprawled face down in the snow outside their front door. They consistently won the yuletide lawn-decoration award in their neighborhood, and they were a nightmare to care for.

I finally resigned from their case. They understood completely and even drank to my health. That New Year's Eve they spent under the care of their new doctor, in the hospital.

Show me a young, beautiful cocaine addict and I will show her the door. As she stands out in the cold with the wind whistling through her nose, I point over her shoulder and say, "Get out of town and find someplace where you can't buy the stuff."

The codeine junkie, the alcoholic, the slave to cocaine all need doctors, all right—but not in private practice.

I instruct my receptionist to screen them out when they call for their first appointment. I have her on the alert for slurred speech, the sound of gunfire in the background, a faint whistle in the foreground. If a junkie escapes her net and I find myself face to face or nose to nose with one of these Doctor Destroyers, I politely suggest, "I'm afraid I'm not the kind of doctor who can help you. Let me give you the names of some clinics that might be able to treat you."

If the addict still won't budge from the office, I have no choice but to press the button that activates the trap door beneath the patient's chair.

"Next?"

Execute Insurance Forms at Dawn

Insurance forms, the cockroaches of a medical office, should be dispatched at once, before they take over the premises. If allowed to multiply, insurance forms (and their prolific cousins, disability forms and work-injury forms) can sorely tempt the physician to commit arson or suicide.

I have a family in my practice whose members have lifted themselves out of poverty and plunged me into depression by mastering the art of self-inflicted personal injury in public places. The combined efforts of the Bustamontes have generated

One family in my practice lifted themselves out of poverty by mastering the art of self-inflicted personal injury in public places.

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the nastiest forms I've ever wept over. Their *modus operandi* is to slip on fallen fruit in supermarkets, trip over footstools in shoe stores, fall into holes dug by sewer districts, step in front of small foreign cars moving slowly through intersections, climb over hospital bed side rails and dive headfirst for the floor. On a quiet afternoon, I can stand on any downtown street corner and hear the distant thud of a Bustamonte. In homage to the Flying Wallendas, I have named them the Diving Bustamontes. I have often thought of resigning from their care, but I haven't the heart to inflict the Bustamontes or their forms on a beloved colleague—or even a hated one. The only way I can keep pace is to examine the stricken Bustamonte in a hurry and fill out the form before he or she can fall off my examining table.

Don't Plant Time Bombs in Your Office

I may always be late, but I never waste time. Like a blackjack pro counting cards, I watch every move my patients make. I can look at a patient's fingernails for one second and make the diagnosis of chronic arsenic poisoning that another doctor missed during 30 half-hour visits over five years. If I lose my concentration, then *I* become the bimbo some hotshot internist one-ups five years later.

In my practice, I've got to move fast but not so fast that I empty my office of problems that come back to haunt me. I don't want to send a malignant melanoma out my door because I'm too rushed to have my patient fully disrobe during a checkup. That melanoma is a time bomb that will explode two years later when I finally detect it—far-advanced—on the back of my patient's thigh. If I had taken a few moments to check the patient's skin two years before, he would now be cured instead of imminently dead.

I have to be ruthless with my time. I can effectively deal with the sore throat of an established patient in 3 minutes. I then have 25 minutes to examine, at some leisure, a new patient with chronic back pain who has brought in a 35-pound stack of old X-rays. I know at a glance that his back pain is caused by hauling that load of films to numberless consultants, but I'll need 25 minutes to get up the courage to tell him.

Make a House Call and Become a Legend in Your Own Time

If the patient can withstand the shock, I offer to make a house call. Once I get there, I never regret it. A house call is such a novelty these days that the patient's family can't do enough to express their gratitude.

"You're a saint to come all the way out here to see Grandpa!"

"Can I take your coat?"

"Would you like a cup of coffee?"

"How about a 64-piece set of sterling silver? Sheldon, carry the silver to the doctor's car."

Of course, if the *patient* had received this much loving care, he wouldn't have needed a house call in the first place.

The fact remains that sometimes a patient is too sick to get out of bed to see the doctor. Rather than punish him for his infirmity by having an ambulance drag race him to the nearest emergency room, the doctor can jolly well hitch up the horse and buggy and go out in the snowstorm to the patient's bedside. Although the horse and buggy have been replaced by the Mustang and Volkswagen, the only modern way to cope with a snowstorm is to practice in Palm Springs.

Despite the time and trouble, I have almost always found the house call a vivid experience. Last year I paid a visit to the bedside of a dying cellist. The elderly veteran of the symphony lay propped up on one half of a double bed, staring straight ahead. His cancer of the liver had spread widely since my last visit. His thin, jaundiced body with its distended abdomen was a grotesque caricature of the very instrument he played. His silver-haired wife was a blur of activity in contrast to his stillness. She took my coat, plumped up his pilllows, pulled over a chair for me, and turned on the bedside lamp.

After I examined him, I was hard put to say anything that would com-

A doctor making a house call is greeted like a long-lost husband carrying a Tiffany shopping bag.

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fort him or his wife. I followed his gaze and noticed his gorgeous cello—as silent and delicate as the patient—standing against the wall. The old, deeply polished instrument lay inside a new padded vinyl case that stood open.

"I bought Herman a new case for his cello, just before he got sick," said his wife, her eyes brimming.

My God, I thought, he's staring at his own funeral!

"The cello and the case are beautiful," I said, looking up at the wife. "But let me suggest you carry them out to the hall."

With a slightly hurt look, she obeyed. While she was out of the room, the patient's face relaxed. He smiled at me and said, "Thank you, doctor; I didn't want to hurt Gerda's feelings."

When she returned to the room, the patient had drifted into the first peaceful sleep he had had in days. He never woke up.

Don't Try to Feel a Breast Lump over the Telephone

The moment a woman calls to say she's discovered a breast lump, I tell her to come over at once. Until I see her, she's in a frenzy of suspense.

I usher her into the exam room as soon as she arrives—no *New Yorker*s for her. If the lump feels suspicious, I explain right off that I'd like to have a surgeon biopsy it. She's expecting the worst anyway, so there's no use telling her, "Don't worry—there's always a chance it's benign," or "Don't worry—let's get mammograms," or "Don't worry—lots of lumps go away by themselves, blah, blah, blah." Get her to the best surgeon in town, who will cut out the blah, blah, blah—and the lump.

When she goes into the hospital, I visit her every day and don't, for God's sake, charge her. (This article is not subtitled How to Be the World's *Richest* Doctor.) If the lump is benign, I celebrate with her; if it's malignant, I tell her every happy story I know about 20-year survivals. Indeed, I've stuck around long enough to have patients thank me 20 years after the mastectomies just for having been there.

The salespeople's gifts of hollow plastic kidneys make ideal bathtub toys.

Don't Be the Last Doc on the Block to Own a Plastic Gall Bladder; See a Detail Rep

I'm a pushover for pharmaceutical salespeople. I've tried to analyze why I allow myself to be propagandized by these well-groomed supplicants of the Corporate Drug Structure. Is it because my father was a struggling shirt salesman? Do I invite a detail rep into my office to keep a drug pusher off the streets? Am I so intellectually starved that my mind hungers for the advertising pap of the caplet cartels? Am I trying to amass the world's largest collection of antihistamine samples? Am I afraid to say no?

No. None of the above. The reason I see detail reps is their bountiful gifts. I refer to the one-fourth-scale, three-dimensional plastic colon—so glistening, pink, and upright on its fragile stand! Through a window in its splenic flexure, one can see the lurid red and yellowness of amoebic dysentery. My plastic colon makes a perfect centerpiece for our dining room table when we entertain guests who profess to be on diets.

And how I treasure my dozen hollow plastic kidneys! They make ideal bathtub toys for doctors and their children. You've never heard of floating kidneys?

Thanks to the munificence of detail reps, I have a different ball-point pen for every day of the year. I could retire from medicine tomorrow and live for a decade on the sales of my promotional pens, flashlights, tranquilizers, and plastic viscera. ("Good morning. I'm 'Doc' London. Please accept this complimentary Valium tablet. Can I interest you in a plastic pancreas today?")

In recent years, women have entered the ranks of medical sales reps. The first time a female detail rep handed a doctor a ball-point pen was an occasion no less auspicious than the day Prosciutto married into the Melon family.

So I am now in the some-would-say enviable position of having intelligent, well-dressed women dying to shower me with gifts. How I love to sit down and listen to them rhapsodize about the half-life of their latest tranquilizer. How I love to fantasize about leaning over my desk and asking one of them if she'd be willing to spend a half-life of tranquility with

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TO SLEEP, PERCHANCE—

If the wife can keep hubby from going to sleep, she's happy; if by some miracle he does drop off and she can wake him up, she's even happier.

by Maynard Good Stoddard

Illustrated by Don Trawin

Do you know why a baby can sleep 22 hours out of 24? Because a baby (we're talking male baby here) isn't married, that's why. Let one of those little suckers tie the knot, and if he closes his eyes for 2 hours out of the 24 he's lucky.

When I was single I could go to sleep on a picket fence. No problem. I did even better in my two o'clock Spanish class in college. But after uniting my plight with a member of the opposing sex through the ritual of holy wedlock, take it from me, *moy buenos amigos*, or *muy buen amigi*, or is it *me bon ami*?—I haven't enjoyed what you'd call the sleep of the drugged since.

My wife, who has a Ph.D. in husband waking, has made waking me up her life's work. One of her favorite strategies is to turn off the TV while I'm lying on the sofa and watching a ball game. One time it was to get me to taste some questionable leftover stew before she fed it to her precious cat, Snowflake (or Flaky, as I choose to call her).

Running a close second to the delight of waking me up is the satisfaction my wife derives from preventing my going to sleep in the first place.

The Cockroach Caper was one of her most successful machinations. While dallying in the express lane at the supermarket, she had read the front page of one of those weird weeklies, which claimed you could get rid of roaches by sprinkling baking soda in their runways. Seems the little fellers eat the soda, and being unable to burp, they have no alternative but to blow up. And by golly, it worked. I spent the next three nights lying wide-eyed in bed while I listened to cockroaches explode. There goes one now.

Or take the time I was going to drink a glass of warm milk before retiring. While the milk was heating in the pan, my dear wife, thinking I was preparing my favorite dish—eggs in milk over toast—slipped in an egg for herself. I thought the milk poured into the glass rather lumpily, but because the only light came from the refrigerator, I gave the matter no further thought—until the egg came sliding down, that is, and slapped me in the face. And by the time I had chased the thing out of my pajamas, my adrenalin was at high tide for the night.

I've counted enough sheep to give every tick in Australia a flock of its own. But this stratagem is so boring I always begin fooling around. When the sheep are in midair, I'll raise the fence. Or I'll hang a wire from their necks and make them hurdle an electric fence. (You never saw such jumping.)

I once tried taking sleeping pills—or thought I did. My dear wife, who didn't think they were good for me, substituted saltpeter. "Killed two birds with one stone," she later explained during intermittent shrieks of laughter.

My dear wife can read herself to sleep in minutes. Considering the stuff she reads in those paperbacks, it's easy to understand. But let her prop Gibbon's *Decline and Fall of the Roman Empire* or the *Encyclopaedia Britannica* on her chest, as I do, and she couldn't so much as toss and turn, much less go to sleep.

Last night—or was it the night before? or last week? (it's hard to reckon time when you don't sleep)—I gave Morpheus a full half hour before finally giving up and turning on the night light.

"Where have you been?" my dear wife grunted.

"I haven't *been*," I replied. "I'm trying to *go*—to sleep."

"Have you tried turning out the light and closing your eyes?" she suggested, rolling over and pulling the sheet over her head. At the moment, it improved her looks considerably.

Not wanting to rouse my sleep buds further by hoisting *Decline and Fall* to my chest, I picked up her paperback. Turned out to be the classic *Case of the Coughing Corpse*. "A book you can't put down," boasted the blurb on the front. And it wasn't far wrong, for someone had spilled honey on the cover. And you talk about mystery—it was a mystery from the word go. The first four pages were missing.

However, like a snail with a charley horse, sleep finally began creeping up on me. Laying the book quietly on the night stand, I reached over, turned out the light, and then ever so gently pulled up the covers and closed my eyes.

"Bet you don't know who did it!" came this clacking at my side. And it was good night, John, I've brought your saddle home, as the saying goes.

"The butler."

"Way off."

"I really don't care."

"You'd never guess anyway."

By getting up four times to splash cold water on my face, I finished the book just before daybreak. Turned out the victim had done himself in from a habit calling for four packs of cigarettes a day. Not only did he cough himself to death—strange sounds could be heard coming from the grave for the next three days. A free epitaph chiseled in marble had been offered by the tobacco people:

It wasn't the cough
That carried him off:
It was the coffin
They carried him off in.

• • •

Into the life of every married man there come times when, through some fluke, he gets a night out on his own. His wife may be spending the evening with her mother, discussing new ways of keeping hubby awake. So hubby drags in at 5:45 a.m., too tired to take off his shoes before hitting the old sack. And who is the bright-eyed reception committee of one awaiting him in bed? It's not Flaky the cat.

Oh, the unbridled joy of the mal-

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treated wife on such occasions. Nothing else in the inventory of female emotions can approach it. Since the crime is most often committed on a Saturday night, the poor culprit will be home on Sunday, when the slightest evidence of weariness can be detected.

I well recall my own abused wife's inspirations upon several of these glorious opportunities:

"Let's move it, chum. Anyone who can stay out all night certainly has the constitution to mow the lawn without lying down between laps."

"Of course we're going for a Sunday drive! If you can keep your eyes open for 29 hours straight, they should be used to it by now."

"That's right, stay out all night and then be grumpy just because the kids dump you out of the hammock!"

"You know very well we're going to the movies tonight. Now come down off that picket fence and get your jacket on."

Researching the insomnia experts hasn't helped. One idiot suggested that listening to a repetitious sound would do the trick. I had my doubts right from the start. I've been listening to a repetitious sound now for more years than I care to remember, but one night in desperation I thought I'd give it a shot. Stumbling out of bed and fumbling my way into the bathroom, I sat on the edge of the tub and turned on the cold water tap to a steady glib. . .glob. . .glup. . .glib . . .glob. . .glup, etc. The next thing I knew, my dear wife was slapping me back to life and leading me to the bed. The next thing after that, she was telling me for heaven's sake to get out of the bed with those wet pajamas.

My heart by this time beating in something more than three-quarter time, I would listen to it. By lying face down I could make the old ticker tick 'em off loud and clear. Thump . . .thump. . .thumpity thump. . . thump. . .thump. . .thumpity thump . . .thump. . .thump _____ thump. What, what, what! I sat up. Was my imagination playing tricks, or was I a thumpity short? By this time the cadence of the old pump was banking off the walls: thump. . . thump _____ thump. No doubt about it, I was hitting on only three cylinders. I pulled up the sheet to wipe the sweat off my brow.

"What on earth are you doing now?" dear wife groaned.

"It's my heart," I groaned back.

"Well, stop it."

"But it's missing."

"We'll look for it in the morning," she mumbled, turning over and jabbing her toenails into my leg.

No need to worry her, I thought bravely. I just won't listen to that thump. . .thump_____sssooosh! Oh no! My main dike must have given way.

"Get a doctor!" I gasped. "I'm going——"

"Don't. . .forget. . .rubbers," she muttered.

I spent the rest of the night on the sofa. It would be much easier for the men in the white coats to carry me out in the morning.

"To sleep: perchance to dream: ay, there's the rub;/For in that sleep of death what dreams may come/When we have shuffled off this mortal coil,/Must give us pause." So wrote Mr. William Shakespeare in another tragic work under the title of *Hamlet*.

From the way it looks, except for twin beds, or twin bedrooms, or changing mattresses, or changing wives, shuffling off this mortal coil is about my only hope for getting more than two hours of sleep a night. Whatever the dreams that may come, they'll be more than welcome.

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AIDS

AIDS IS A HUMAN DISEASE

The wife of a prominent AIDS victim wants people to know that when this disease struck her husband, instead of staying away, their friends came more often and grew even closer.

by John Norberg

He joked and laughed and clung to life even into his last hours. But this was a battle that no one wins.

At 8:30 p.m. on Friday, April 3, the last local direct descendant of a prominent and philanthropically minded Lafayette, Indiana, family died in his suburban Battle Ground home, "following a lengthy illness," according to published reports.

The long illness that took the life of 58-year-old Edward S. Loeb was AIDS, and his wife, Deborah, now wants people to know that this is a disease that can strike in any family, in any home.

Loeb acquired the disease from a blood transfusion he received at St. Elizabeth Hospital during heart by-pass surgery in 1983, before blood could be tested for the virus.

Although his business associates, friends, and family knew what had happened, Mrs. Loeb now is making her first public statments on the death of her husband—a man whose family name is sprinkled across the community on theaters and fountains, baseball parks and stores.

February 1985 found Deborah and Edward Loeb enjoying a vacation in St. Thomas. While on the island, however, he began coughing violently. Thus, AIDS began its relentless attack on this philanthropist, 56 at the time, whose family name has become familiar on theaters and fountains, baseball parks and stores throughout his community.

Sitting in her home on a recent afternoon, she talked about the pain of watching someone wither away and die and her hopes to do something positive for other people in the future. "We didn't say anything publicly while he was sick. We wanted the time we had together to be quality time," Mrs. Loeb says. "But we talked before he died about what we could do to help other people. And we made a pact that I would do what I could to let people know that this is something that can hit everyone.

"We're all so wrapped up in our own lives," she says, "we think this is something we don't have to deal with. But we are going to have to deal with this. In this community, as small as it is, we have a high ratio of AIDS patients.

"We have been touched in this community. The general public doesn't know how much, but I do, because I've dealt with it from the inside. There are a lot of people in this community who know someone who is a victim, or is now dead from AIDS."

Edward Loeb was diagnosed as an AIDS victim 16 months after his triple by-pass surgery. He was in the hospital, undergoing tests to find out why he had been ill, when his doctor walked into his room.

"Have you ever engaged in homosexual activity?" the doctor asked.

Loeb laughed and said, "Of course not."

"Are you a drug abuser?" the doctor asked.

"Do I have AIDS?" Loeb asked.

Mrs. Loeb was stunned when she was told. What keeps rolling through her mind is her conversation with her husband just the night before they learned he had AIDS. They thought he only had pneumonia. "Honey, it's O.K. They can deal with pneumonia," Mrs. Loeb had said. "It could be AIDS, and there's no cure for that."

The kind of pneumonia he had is common among AIDS patients.

"He was very ill, and the doctor didn't think he was going to live," Mrs. Loeb says.

However, in the 23 months between the diagnosis and Loeb's death, the couple were able to do the things they enjoyed—golf, tennis, travel.

But Loeb was forced to sell the family business. He had been the general manager of Loeb's Inc. since 1964 and its president since 1973. "That was difficult," Mrs. Loeb says. "He felt he had let the

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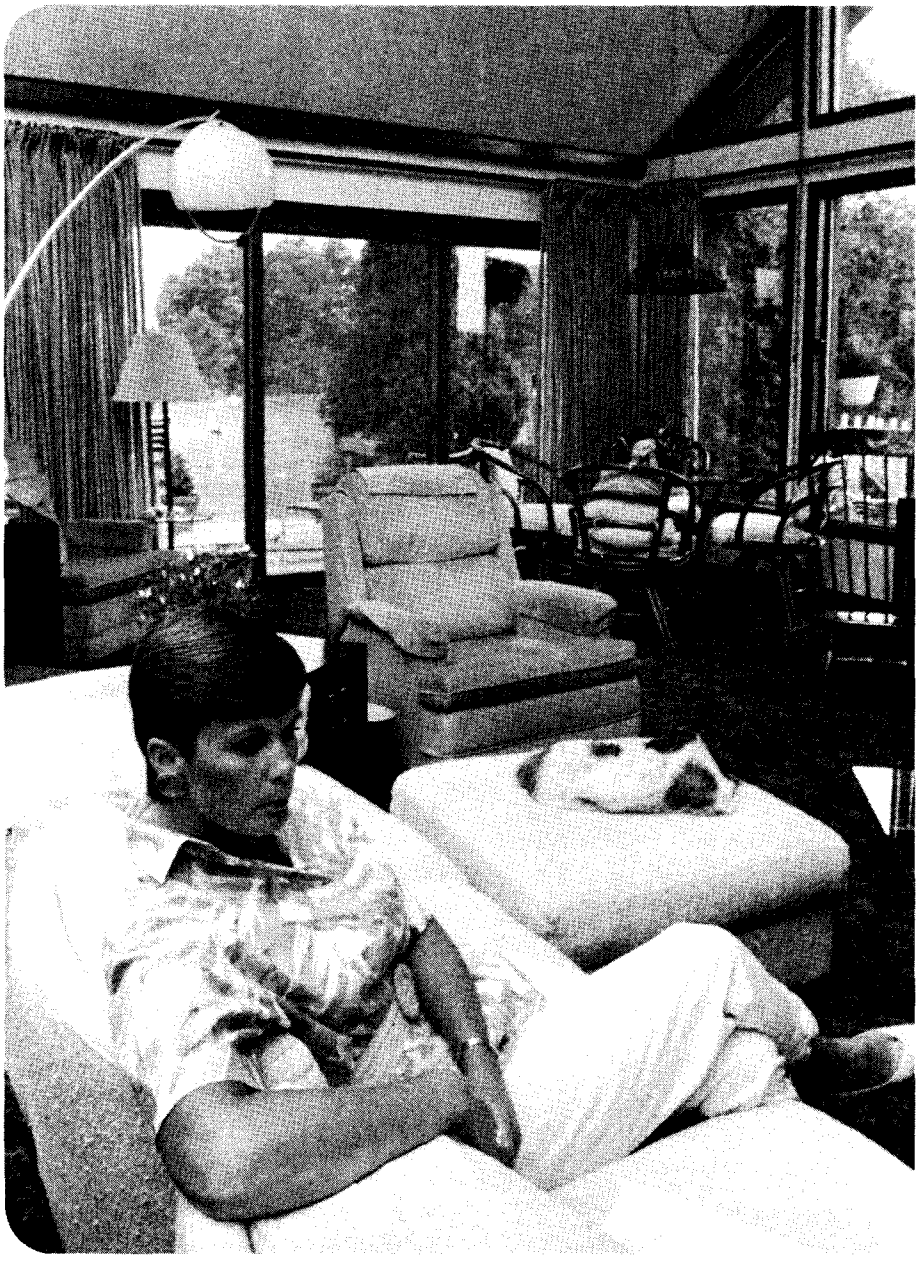


In the sunlit living room of her Lafayette, Indiana, home, Deborah Loeb talks about the pain of watching her robust, people-loving husband wither away and die, and how he joked and laughed and clung to life even into the last hours.

family down. But they were all behind him.

"There was never any anger," she continues. "We would sit and cry sometimes, and say, 'Why did this happen?' But then, why do people get cancer? Why do children die? There are awful things going on all the time, and we just had to look at it from that perspective."

For a while, the Loebs told no one, not even his family. "We were warned not to tell people because of the repercussions," Mrs. Loeb explains. "And we didn't want people to feel sorry for us."

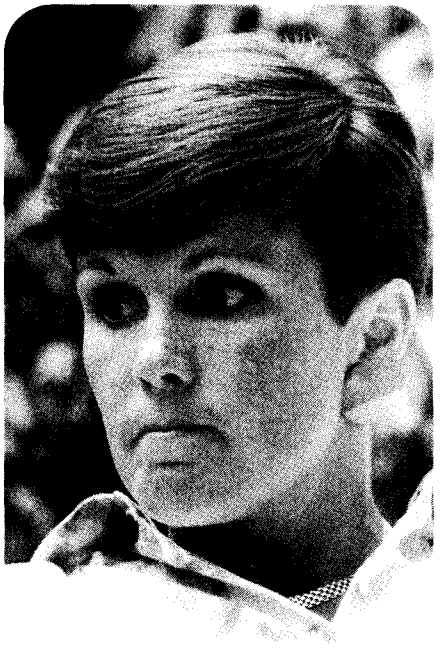
But word spread through some segments of the community, and so the Loebs started telling their family and friends.

"The reaction we got was love and compassion," Mrs. Loeb says.

Most of their friends just became closer. "We were very fortunate," she says.

They needed friends, and that's one of the messages Mrs. Loeb wants to carry throughout the state: "Have some compassion for these people, because they need it."

Edward Loeb, as he appeared in a St. Elizabeth Hospital annual report not long before his death. He bore no ill will and even took a job to help raise money for the hospital where he contracted AIDS through a transfusion.



Deborah Loeb says that when she and her husband, Edward, learned he had AIDS, they were advised not to tell people because of the repercussions. When word leaked out in the business community, however, the reaction was love and compassion. Instead of staying away, friends came over more often. They became closer. Deborah Loeb now works to help prevent the spread of AIDS.

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AIDS

WHAT THE AIDS MOBILE HAS TAUGHT US

The public speaks a different tune than the press. People from all across America, from all walks of life, are unabashed about wanting to be tested for AIDS. They care about not infecting their loved ones. They want to help.

by Cory SerVaas, M.D.

It's a sneaky virus that causes AIDS, but there was nothing sneaky about the people who lined up in Memphis this August to be tested for signs of the deadly infection. Little did we know that three of the persons who came through the line for counseling and testing would come back positive on the first screening (ELISA) test.

If we had known, perhaps there wouldn't have been such a lighthearted, party atmosphere surrounding the AIDS MOBILE crowd.

We didn't take pictures of the crowd, although TV-network cameras were everywhere. We had thought the appearance of our photographer might disperse the crowd, but the crowd didn't care. The networks interviewed and no one ducked the cameras. In near 100° F. heat and in the hot afternoon sun, the line had formed as soon as the AIDS MOBILE arrived on the scene.

Young and old, black and white, gay and straight, they stood there defying all the propaganda and misinformation we had heard about the need for secret names and hidden-away testing sites. They laughed and visited openly as though they were waiting in a reception line.

They also asked a lot of questions. Serious questions. Important questions such as "Should my six-year-old be tested? He had a blood transfusion last year." Dr. William "Chubby" Andrews said yes, and the lad was tested.

Teen-agers looking too young to be sexually active or planning a pregnancy stood in line. Grandparents came with their adult children.

Dr. Andrews took to the AIDS MOBILE like a fish takes to water. We didn't know he had been a medical missionary in Kenya at the African Inland Mission before becoming a prominent Memphis surgeon. Now the father of a noted Memphis surgeon and semiretired, Dr. Andrews had generously offered to supervise our testing unit's medical team as staff phlebotomists and counselors administered free, confidential AIDS tests.

When it became crowded inside the air-conditioned AIDS MOBILE, it

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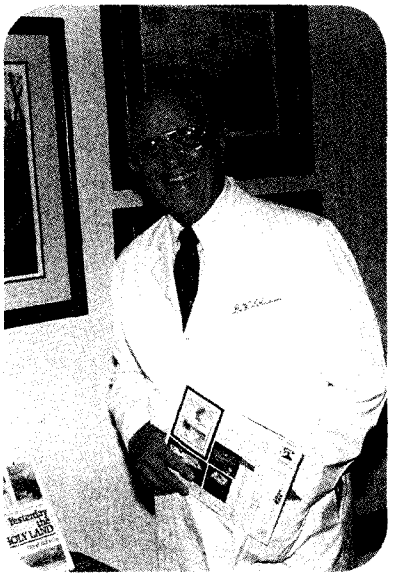

Much credit for the AIDS MOBILE's success in Memphis goes to Dr. William F. "Chubby" Andrews, a local physician and surgeon, who graciously supervised the blood-drawing at both Memphis sites. His generous volunteer efforts allowed the Society to offer free tests to many grateful participants. He applied Band-Aids as the phlebotomist drew blood from those who'd waited in the near 100° F. heat. When someone asked him why, he put it in writing.

When asked why I would be willing to participate in and oversee the AIDS MOBILE project in Memphis, I stated I feel that every opportunity to know more about this condition is essential so that steps may be taken to prevent innocent people from becoming victims of this dreadful disease. It is appalling to me that there are people in our country who are doing everything in their power to stop discovery efforts of those who make a sensible and courageous attempt to prevent the unbelievable potential for the spread of this condition to the people of our country.

I believe that every available medical resource should be mobilized and that potential carriers or victims should be studied so that the spread can be halted.

If we let this go unheeded, we may well see the results of millions of people dying with no hope of medical help.

I further believe that we, the people of America, should demand of our leaders in government that all legislators that would hide the truth of the seriousness of this problem be stricken from their consideration and that every effort be made to warn this nation of the seriousness of the problem we face in AIDS.

William F. Andrews, M.D.
Memphis, Tennessee

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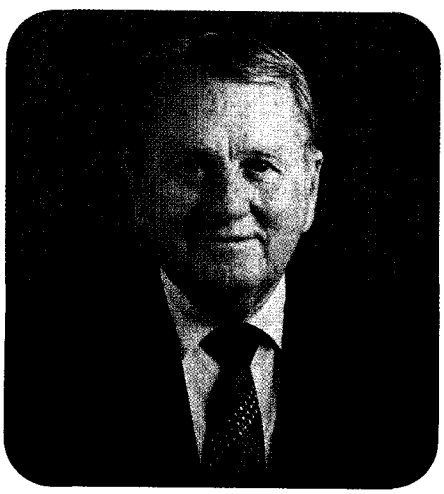
Ed McAteer, the president of The Religious Roundtable, invited The Saturday Evening Post Society to bring the AIDS MOBILE to Memphis, Tennessee, for a "God and Country Rally" at the Ridgeway High School Auditorium. Here, an enthusiastic crowd waited to take advantage of the free, confidential AIDS-test offer. To prove to others they had nothing to fear, Ed McAteer volunteered to be first in line.

The AIDS MOBILE enjoyed bipartisan support from congressmen as Democrat Andy Jacobs and Republican Bill Dannemeyer visited the site to learn how the public responds to voluntary testing offers. Visitors were shown counseling techniques, blood drawing, spinning of the blood in the centrifuge, and refrigeration of the serum.



Kemmons Wilson, the co-founder of Holiday Inns, battled Ed McAteer for "first blood" and lost. He did manage to be the second person tested for AIDS at the celebrity draw. Impressed with the efficiency of the testing plan, Kemmons generously offered complimentary rooms in his new luxurious hotel, the Wilson World, for use by the visiting professional staff. The AIDS MOBILE spent the following day testing hotel guests, employees, and others.

In the halls of Congress, the Washington press became solemn and questions were respectful as Paul Gann, showing signs of his illness, described his commitment to prevent others from suffering his fate. He supports legislation proposed by Congressman Bill Dannemeyer (left). Questions about the AIDS MOBILE were taken, and the press were invited to inspect the testing facility outside on the plaza.

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ANONYMOUS AIDS QUESTIONNAIRE

Notice: Some of the questions on this form are unsuitable for children to read. Adults, please remove from magazine, fill in, and mail to the Society. No names are necessary. Answers will be computer tabulated and results sent to the Centers for Disease Control, legislators, and officials who must deal with AIDS decisions.

1. Do you believe that children should be taught about AIDS prevention in school? Yes_____ No_____

2. If yes, at what age do you believe that children should be taught about AIDS prevention? _____

3. Should condoms be discussed in schools? Yes_____ No_____
   If yes, at what age? _____

4. Do you believe that free AIDS testing should be made available for all persons who have had blood transfusions in the past ten years? Yes_____ No_____

5. Do you have a family doctor? Yes_____ No_____

6. Would you rather have an AIDS test without letting your own doctor know you wanted one?
   Yes_____ No_____
   If yes, why? Because of embarrassment_____ Because you believe he doesn't think you need to be tested_____ Because you asked and he suggested it wasn't necessary_____ For other reasons_____

7. Would you want your family doctor to be the physician to treat you if you learned you were AIDS positive? Yes_____ No_____

8. Would you prefer to go to an out-of-town infectious-disease specialist who specialized in treating AIDS patients? Yes_____ No_____

9. Have you ever been treated for a sexually transmitted disease? Yes_____ No_____

10. Have you ever practiced anal sex to avoid pregnancy? Yes_____ No_____
    If yes, do you at the present time? Yes_____ No_____

11. Have you ever practiced anal sex for reasons other than to avoid pregnancy? Yes_____ No_____
    If yes, do you at the present time? Yes_____ No_____

12. If you suspect you have been exposed to the AIDS virus, would you prefer to have the AIDS test done anonymously by mail? Yes_____ No_____

13. In the rare event that you would be found to be AIDS positive in an AIDS testing program, how would you want to receive the information?

    _____From my own physician
    _____From an anonymous physician
    _____From my own clergyman
    _____From an anonymous clergyman
    _____From an anonymous AIDS counselor
    _____From my spouse
    _____By direct mail

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14. Have you ever donated blood? Yes_____ No_____

15. Have you ever tried to receive blood by directed donation? Yes_____ No_____
If yes, were you successful? Yes_____ No_____

16. Have you ever tried to *give* blood for a directed donation? Yes_____ No_____
If yes, were you successful? Yes_____ No_____

17. Have you ever tried to pre-donate blood? Yes_____ No_____
If yes, were you successful? Yes_____ No_____

18. If you contemplated surgery, would you prefer to pre-donate your own blood?
Yes_____ No_____

19. Do you believe that hospitals should be required to routinely check for the rare possibility of an AIDS-positive result in new mothers who received blood for Caesarean-section surgery or hemorrhaging?
Yes_____ No_____

20. Do you believe that hospitals should be required to routinely check *all* patients who have received blood for the rare possibility of an AIDS antibody positive result? Yes_____ No_____

21. Currently in many states, it's against the law for an individual with an infectious venereal disease to knowingly transmit the disease to another person. This law does not apply to victims of AIDS or carriers of the AIDS virus. In your opinion, should knowingly transmitting the AIDS virus to another person be a crime? Yes_____ No_____ Don't know_____

22. If yes, do you believe the punishment for donating or selling blood that subsequently causes death to the recipient should be: monetary fine_____ prison term_____ other_____

23. Since 1985, *after* the blood supply was thought to be AIDS free, there have been eight documented cases of AIDS infection by blood transfusion. Many cases are reported of infected individuals, cognizant of the infection, who still choose to donate blood at the risk of contaminating the blood supply. In your opinion, should it be a criminal offense for an HIV-infected individual to knowingly donate blood?
Yes_____ No_____ Don't know_____

24. Do you believe there should be a law making it mandatory for blood donors to leave their forwarding addresses with the post office or their blood bank when they move or leave town, so that they can be contacted and tested in the rare event that their blood is believed to have caused AIDS in a recipient?
Yes_____ No_____ Don't know_____

25. In your opinion, should insurance companies be prohibited from requiring applicants to take an AIDS test as a prerequisite for obtaining insurance? Yes_____ No_____ Don't know_____

26. Are you aware there is a three- to six-month period during which a person may carry the AIDS virus but during which the body has not yet developed antibodies that can be detected in the blood bank screening process? Yes_____ No_____

27. After a possible exposure to AIDS, the Centers for Disease Control recommends waiting for the antibodies to rise before being tested. Their suggested waiting period is:
1 month_____ 3 months_____ 1 year_____

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28. Do you believe that blood banks are now able to test for all types of hepatitis before providing blood to hospitals for transfusion? Yes_____ No_____

29. If no, which hepatitis do you believe cannot be screened for in the blood banks?
Hepatitis B_____ Non-A non-B hepatitis_____

30. Do you believe that those who practice oral-anal sex are aware that this practice can transmit hepatitis?
Yes_____ No_____

31. What do you believe is the incidence of hepatitis from blood transfusions? 1% of those receiving blood_____ 10% of those receiving blood_____ 20% of those receiving blood_____

32. Do you believe that all who apply for marriage licenses should be tested for AIDS? Yes_____ No_____

Fold here first

Place Stamp Here

The Saturday Evening Post Society
P.O. Box 567
Indianapolis, IN 46206

Fold here last

★ HAD A TRANSFUSION? GET TESTED
PLANNING A PREGNANCY? GET TESTED
★ PLANNING SURGERY? PREDONATE BLOOD
AIDS FREE? BE A BLOOD DONOR
★ FILL OUT THE SURVEY! THANK YOU

Staple or tape here

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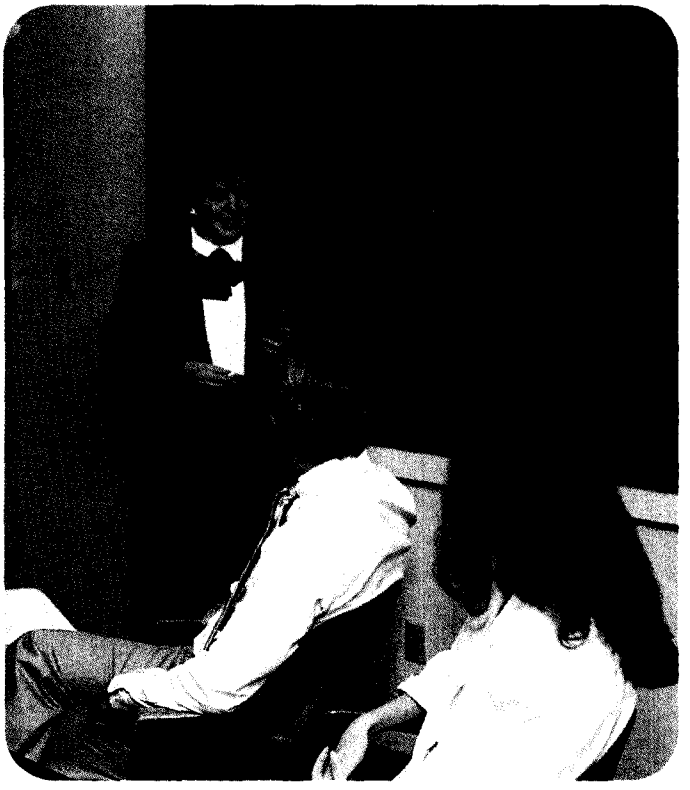
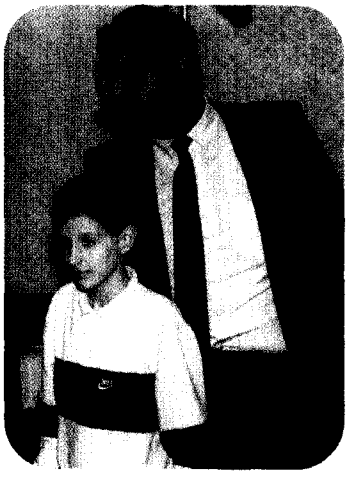
A picture like this one called President Reagan's attention to the efforts of the AIDS MOBILE. The President knew Nell and Paul Gann in California.

"Any human being who loves any other human being ought to be AIDS tested," said Indiana Congressman Andy Jacobs. He surprised the press by being tested on camera.



Deborah Taylor, the AIDS coordinator for the Indiana State Board of Health, was recently videotaped by the Society during a three-hour training lesson for counselor supervisors. Society's Bob Silvers will send out her AIDS counseling presentation by satellite to hundreds of churches with receiving dishes. Church members will learn how to help AIDS victims in their areas.



When little Ryan White was still physically able to attend school, a battle raged in Kokomo as parents were concerned about the spread of AIDS. Dr. Woodrow "Woody" Myers, Jr., the commissioner of the Indiana State Board of Health, is credited for having advised school officials that Ryan should be permitted to attend classes if he chose to do so. Ryan now struggles for life.

Surgeon General C. Everett Koop, M.D., recently paid tribute to Dr. Woody Myers by stating that "Indiana has a model AIDS program." Dr. Koop favors more voluntary testing and sex education.

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LIFE AFTER "DALLAS"

For nine years, "Dallas" straight shooter Susan Howard aimed to please audiences as she fought sizzling story lines on TV's top soap. Now she has a new role. . . .

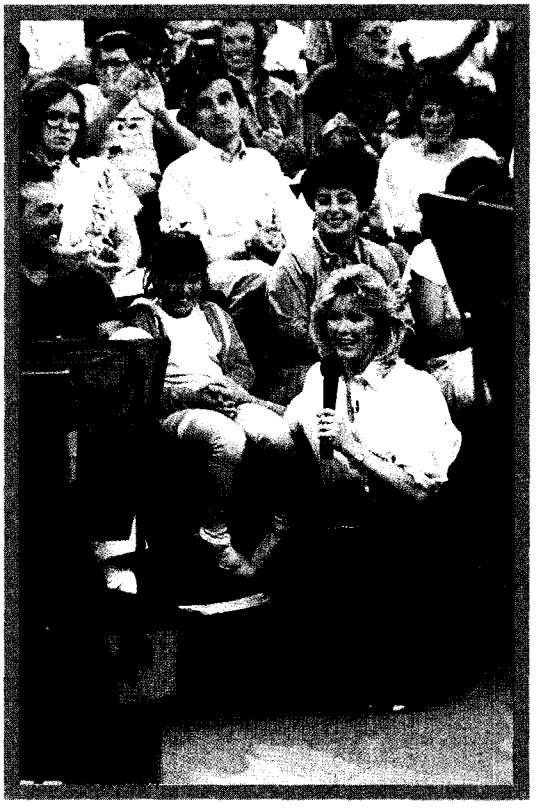
by Holly G. Miller

Back when Susan Howard was still little Jeri Lynn Mooney of Marshall, Texas, she wrote a note to Cecil B. deMille and asked his advice on how to break into show business. The Great One's warm reply, complete with an autographed picture, included an invitation: "If you're ever in Hollywood, please feel free to call my office and say that we've talked." The autographed picture ended up in Mrs. Mooney's hope chest along with other family treasures, but Jeri Lynn held on to the letter, and also the dream.

"Years later, long after Mr. deMille had died, I phoned the studio to say I had finally made it," the one-time regular on TV's "Dallas" recalls. "I asked, 'Who can see me? I mean, *surely* somebody wants to make me a star.' " She laughs. "Well, no one was interested. Or impressed. So, I went to work part-time as a secretary."

The trip from her hometown of Marshall to "Dallas" eventually took more than a decade, and en route Jeri Lynn swapped her real name for her stage name and then added her married name—Mrs. Calvin Chrane. There were excursions in both drama and comedy along the way—segments of "I Dream of Jeannie," parts on "The Flying Nun," and guest shots on "Bonanza." During nine seasons as Donna Krebbs on "Dallas," her squeaky-clean image collided with the steamy soap's reputation. She became known as a straight shooter who aimed to please audiences on camera but who battled for more wholesome scripts offscreen.

In the end, Susan lost her job but not her way. Several months ago her career took a new turn when she shifted directions, traveled east, and touched down in Virginia. Her destination: Virginia Beach, where she currently fulfills duties as a co-host on the Christian Broadcasting Network's "700 Club." "This is not a job in the sense of an acting part," she said, the day after she and Calvin, her manager-husband, decided she should accept CBN's offer. "This is *real*. This matters."



"People have always felt they could come up to me, grab me by the arm, and say hi," Susan says. "That's what I hope to bring to CBN: accessibility."

Susan admits to having early concerns that the audience and crew of the "700 Club" might compare her to the show's former co-host, Danuta Soderman (now on special assignment), and that she would come up short to the bouncy veteran. "Danuta is absolutely great," Susan says. "She's got one of those minds that can compute and dissect everything. I'm not that way, so if people try and compare us they'll be very disappointed."

No need to worry. Ben Kinchlow and Tim Robertson, co-hosts of the Christian talk show, were quick to welcome the newcomer, and audience acceptance was immediate. "Susan is delightful," Kinchlow says enthusiastically. "And she's a real team player," Robertson adds. "I think viewers enjoy her spiritual maturity and the perspective and sparkle she brings to her work."

This spiritual maturity developed during her "Dallas" days; the sparkle dates all the way back to her childhood days in Marshall, when her idol was Doris Day ("I'd look at that woman and think, *Oh, if I could just do what you do. . .*") and her Saturdays were spent on 25¢ matinees at the neighborhood movie theater. No one laughed at her show-business aspirations, which prompted her to pore over brochures from the Pasadena Playhouse and to write letters to Cecil B. deMille. "My family never made fun of me or said, 'You'll outgrow this,' or 'Hollywood is a million miles away,' or 'New York City is a dirty old place,' " she recalls. "They never put words of doubt into my mind. I never grew up thinking I couldn't do what I wanted to do. My daddy believed anything was possible in America."

Encouragement came from all corners. As a second grader at the Robert E. Lee Elementary School, Susan was the overwhelming choice for the lead in an operetta called *The Princess and the Kitty*. ("My teacher gave me the part because I could cry better than anyone else in school," she says.) In her spare time she organized productions around the neighborhood by dressing pals in their mothers' clothes and setting everything to pop music on 45-rpm

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records. Later she honed her skills by competing in poetry-reading events in Dallas and Houston. After high-school graduation, she surprised no one when she announced plans to attend the University of Texas and major in drama.

The program in Austin was tough —heavy on production and light on glamour. Susan dutifully built sets, sold tickets, stitched costumes, supervised sound checks, and carried an occasional spear as an onstage extra. Among the lessons she learned was that she loved the theater but preferred film. Unfortunately, at the University of Texas the two departments didn't mix. Ever. "There was such rivalry," Susan says. "If you were a *drah-ma* major you were dedicated. Movies? Trash."

After two years of dedication to drama but fascination with film, she decided to go west, enroll in the University of Southern California film school, and announce her arrival to Cecil B. deMille's office. She was married at the time. (Her relationship lasted only a few years but produced a beautiful daughter, Lynn, now 24.) Her marital status soon changed to single parenthood, and her plans to attend school were scrapped in favor of part-time secretarial work, full-time mom duties, and occasional calls to appear in TV sitcoms. Then she met Calvin. "He was a schoolteacher in San Antonio and was on break," she relates. "My cousin, living in California, had once been his college roommate. He invited Calvin out and introduced us. Calvin never went home."

If Susan's personal life took a turn for the better after she and Calvin began traveling in tandem, so did her career kick into high gear. Shortly after they were married (nearly 14 years ago), she was tabbed for the role of Maggie, Barry Newman's wife in the TV series "Petrocelli." The series was praised by the critics, and her portrayal earned her Emmy and Golden Globe nominations. But honors and thumbs-up reviews weren't enough to save the show after two seasons of ho-hum ratings.

Cancellation left Susan devastated. "I was crushed," she says. "It was the worst thing that had happened to me. 'Petrocelli' was supposed to be a successful show, so how could people not watch it? I did some movies of the week, but nothing satisfied me. Nothing. Calvin became like the whipping block; he was my rock, so all my frustrations and depression were directed at him. Finally, around Christmas 8½ years ago, he said, 'Susan, I can't handle this. It's just too much for me to bear.' I remember thinking, *Oh, God, is he talking about leaving?*"

Susan shares a hug with Secretary of State George Shultz and a joke with President and Mrs. Reagan during a White House state dinner for the president of Ecuador.

She credits the "Dallas" producer, Phil Capice, with giving her the nod to write two episodes of the soap. Now she's a member of the Writers Guild.

Susan was unenthusiastic about Calvin's suggestion that they begin attending church. Though both had been raised in the church—she as a Baptist, he as a member of the Church of Christ—neither felt any strong commitment. "If you had asked me if I was a Christian, I would have said yes. Every Christmas we had a tree and I got out the Nativity set. That was my faith—as lifeless as those tiny little figures lying there. My heart had become hardened toward anything that was related to religion," Susan admits.

The couple finally decided to attend The First Foursquare Church, partly because they had heard so many positive comments about it and partly because they knew where it was located—out in Van Nuys, down by the unemployment office. The service changed their lives. They immediately enrolled in a six-week course for new believers, and when the classes ended, they were baptized again.

"I was still unemployed when all this was happening, but suddenly offers started to come in. I got all these scripts! In one they wanted me to play a vampire; in another I was asked to play some sort of extraterrestrial being. I turned them down," she says. She laughs as she recalls Calvin's

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struggle: "He'd say, 'Hey, you don't think God wants us to starve to death, do you?' "

She nixed the first chance to go to "Dallas." The character was a "low-life" whose personality just didn't mesh with Susan's. She insists she wasn't looking for perfection in a character—but one or two redeeming qualities would help. She found them in the character of Donna, a one-shot-only part offered to her in 1978. The role eventually evolved into a permanent slot when Donna married Ray Krebbs, played by Steve Kanaly.

Over the next seven years, she shaped Donna into a character she and viewers liked. "I was allowed to do what I wanted with Donna because the people who made decisions on the show were too busy trying to figure out who J.R. was going to sleep with next. I was left to my own devices, and I sort of took advantage of it. When they realized what had been done, they got rid of me," Susan says.

Melba "Peg" Mooney owned a grocery store for 20 years before going into real estate. "She's a great businesswoman," her proud daughter boasts.

One clash had resulted when Donna became pregnant and the unborn baby was diagnosed as suffering from Down's syndrome. An abortion that had been written into the script was reworked as a miscarriage when Susan objected vehemently. The show had already featured two abortions, she argued, so why not explore a different story line? She lobbied for a plot that would depict a handicapped child leading a happy and productive life.

The show's executive producer, Phil Capice, agreed, and a compromise was reached. Donna lost her baby, but she later became a volunteer at a school for handicapped children and went on to adopt a deaf child, a scenario that earned applause from viewers, awards from advocacy groups, and respect among cast members. "I'm sure there were some people who were offended by my faith, but others were genuinely touched," Susan says.

The end came unexpectedly. Her make-up man remarked casually one day on the set that the cast was getting an unusually short break between seasons. Really? Susan asked. H'm, no one had told *her*. Calvin quickly checked with the new executive producer, Leonard Katzman, who confirmed that the character of Donna had been written out of the series. Katzman said the show's writers had run dry of plots involving Donna. Susan briefly considered taking a stand, going public, and urging "Dallas" fans to write letters in support of the happily married Donna. She decided against it, and an on-screen divorce was devised. According to the story line, Donna flew off into the sunset—actually, she went east, to Washington, D.C.—never to be heard of again.

Jack Hayford and Dr. Vincent Byrd, of The First Foursquare Church of Van Nuys, baptized Susan in the Jordan River. "Church isn't just a building; it's a place where I've been taught the importance of reading the Word of God, which is a daily thing in my life," she says.

Susan, however, had just begun to speak up. She was aware that her popular portrayal of Donna had given her a forum. On the lecture circuit, fans came to see Donna but stayed to hear Susan offer her testimony. The combination was unusual: a born-again Christian from "Dallas." Invitations came from as far away as South Africa, where she traveled twice, going from city to city to address thousands of cheering, appreciative people.

"There are so many misconceptions abut South Africa," she says. "I never once felt unsafe, even though I visited dozens of communities and gave my testimony only at integrated churches. I'm hoping to go back soon, because now I have more to share about what God has done in my life. I'd really like to film some '700 Club' segments while I'm

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there in the future."

Israel has been another of Susan's favorite destinations. A vivid memory from the Holy Land is her first encounter with Pat Robertson about five years ago. She and Calvin were in the lobby of the King David Hotel in Jerusalem when she looked up and noticed several of the CBN crew gathered around Robertson. Excited, but shy at the prospect of saying hello, she urged Calvin to introduce himself to the group and tell Robertson how much she enjoyed watching the "700 Club." "All of a sudden they were all looking my way and then coming toward me," Susan says. "What was I supposed to say—'Hi, I love Jesus'? I was truly humbled by Pat's warm reception. I remember explaining, 'I'm on "Dallas." ' He said, 'Yes, yes,' he knew that. I thought, *H'm, you watch 'Dallas,' huh?* Then he said what a wonderful platform the series was for me. At the time, I wasn't sure what he meant," she recalls.

The impromptu meeting resulted in an invitation to visit the "700 Club," a request repeated several times during Susan's "Dallas" years. She proved to be a popular guest, very much at home sharing her Christian beliefs as well as participating in discussions of world affairs and national politics. Much more than a stereotypical TV celebrity, she quickly showed she was knowledgeable on current issues and could hold her own in any debate. "I was once approached by some people in Texas about running for the congressional seat vacated by Sam Hall," she says. "At first I was flattered; I've always been interested in the power of the Congress, and I haven't been entirely convinced that members always listen to their constituents."

She opted to stay in television, however, a decision she hasn't regretted; her new assignment with CBN will allow her to combine her savvy for current events with her sensitivity for her ministry. She admits she has a lot to learn, and she teases her senior co-host, Ben Kinchlow, that he must never take a day off, because she and her co-host Tim Robertson couldn't possibly handle the job without him. "I tell him, 'You can *never* be absent; don't think for a minute that you can take a vacation,' " she says. "Right now I'm making so many mistakes. I make an idiot of myself sometimes, but that's O.K., because God doesn't expect me to be perfect. I only hope the people I work with and the audience will bear with me, pray for me, and give me advice."

The *Post*'s Lucian Lupinski reminisces with Susan about his years painting murals in monasteries. He objected to the 3 a.m. wake-up. Susan agreed: she sets her alarm for 4:30.

The feedback has been positive, the environment has been comfortable, and no twinges of homesickness have surfaced. Her daily schedule has been turned upside down since she relocated in Virginia Beach, but she and Calvin have adjusted easily. A jogger for 12 years ("I love to sweat"), she sets her alarm clock for 4:30 now so she can work in an early run before going to her new office. By 3:30 p.m., she's already put in a full day; she's ready to retreat to her rented beach house with a briefcase full of homework. On a show as diverse as the "700 Club," spontaneous dialogue takes priority over scripts, and the hosts must be conversant on all topics.

Between taping one day's show and studying for the next, Susan house-hunts with Calvin for a place with a huge kitchen and enough bedrooms to accommodate holiday visits from their daughter, Lynn; their son-in-law, Paul; and Susan's widowed mother, Melba, still active in Texas real-estate circles. Susan has few regrets about the past—"I loved my role in 'Dallas' and will always be grateful for the opportunity," she says—but she is concentrating on the present, which for now is CBN. "I feel I have a place. After 'Dallas' I asked God, 'Where do I fit?' And He showed me."

Before their daughter, Lynn, was married last year, Susan and Calvin hosted a family reunion during a celebration cruise through the Panama Canal.

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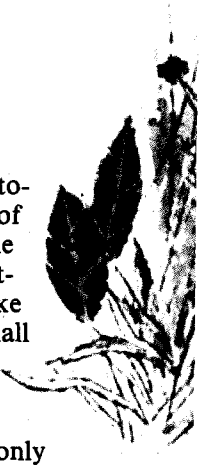
The Quality of Mercy

What deeds of any import could two boys be doing sloshing through a shallow creek after a rainstorm?

by H. Barrett Pennell, Jr.

Illustrated by Don Almquist



The sky began to brighten in the north on that early-March day, as the roiled, greasy-gray clouds of the all-night storm began their retreat to the south and west.

We sloshed our way along the bank of the creek, "our creek" to us, a pair of ten-year-old males. We had decided on a tour of inspection of our holdings to see what damage the storm had wrought. And the creek was still there, still wandering its earnest, four-foot-wide way through the meadow, which was spongy underfoot with the gray-green, dead-alive promise of what would soon be grass. The rocks had not been harmed, we noted with satisfaction, and the pool beside the willow was still a pool, despite what must have been a temptation to go and join the sea. But the grass along the edges, and along the upper bank—the tough, fibrous evergreen grass that seemed to defy everything in its turn—was lying flat in its place, all tips pointed regimentally after the departing waters. So we were somewhat angry with the water, as a bully who destroys a myth.

But the overall loss was slight. Our creek was still alive and our plaything, and there were no other little boys to take it, and claim it, and mother it, and dam it with clods of tough, worm-filled sod and its own rocks. And there was none to pelt its muskrats and scare its minnows and trap its crawdads and capture its tadpoles. So we inspected—hermetically sealed in parkas and overshoes—sloshing through the drowned grass and rat-furred moss with the utter confidence of proprietorship.

We worked our way slowly, examining every inch, the way one does for hurt to valued property, while the excited air buffeted us with the first live messages of coming spring.

George found two marbles just below the gravelly spot beyond the willow pool, one chipped a little and the other polished by the sand and water to a better-than-new luster. I found a small earthenware jar with a clear, glazed finish and a kiln burn on the bottom side. I told George the jar was a remnant of the days when Indians used to camp along the banks of the creek. (I almost believed this to be true, and I wanted to.) George wondered who had lost the marbles. And great was our excitement and wonder that the creek was still as it had been, yet giving us new treasures, saved for years for some such special day as this.

And in the spot where the stream curved, and ate its way into the bank, where the red slash of clay towered upward for six feet above the trotting water and looked like red Swiss cheese—there were the muskrats, hiding in their daytime holes. With joyous whoops we attacked their sanctuary, hurling small rocks and stones toward the holes, around which the missiles of our last attack stuck in the mud like stone pickets. The savage satisfaction of the attack and the power, welling in our blood like rare narcotic, to do destruction to these small creatures always sank a little in our hearts when a stone would dart into the depths of one of the holes. Then there was no satisfying smack of rock on mud, but only an echo, which could have been the sound of murder, and bright-gem eyes in the dark narrowing in pain and going out without the sight of another dawn. So, saddened by the ultimate outcome, we broke off the attack until the next time, not knowing if we were murderers or not, but hoping not, with all the desire serious doubt can bring.

Then we were explorers along our new-old creek—La Salle, De Soto, Lewis and Clark, *voyageurs* with muskrat hides stalking the banks of the Mississippi and other, lesser streams, seeking cautious trade with Indians.

Until George discovered the fish, swimming weakly in the stream.

We squatted on our heels in the creek-bed gravel, watching the fish struggle in our mighty, six-inch-deep Mississippi as it tried to make its way upstream. It floundered on the shoals of flattened boulders, its back appearing above the water in its struggle. It was a carp, about ten inches long, and far too large for our stream. Evidently it had been washed down in the torrential night from a safe pool somewhere far away, perhaps beyond where the stream goes under the railroad tracks and disappears into the earth. Now it was trying to get home, upstream, from where it had come so easily the night before.

The tail that beat feebly upon the shallow water was split and ragged; scales were missing from its battered side, and somewhere in the middle of the fish there was a wound, where pinkish flesh hung tattered out beyond the skin. It rested now, in sheer exhaustion, every slight movement crying out that it was one more movement too many beyond the range of life's endurance.

We watched without a word as the tired fish learned of our presence and tried instinctively to dart away, but only wrenched its way into the shallows, where it fell on its side and was carried back by the stream into the pool by which we knelt.

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Great was our concern for the trapped fish fighting hard for present life, mindless of a further soul, with the instinctive courage that man admires in himself, but tends to call bestial in the beast, and we searched about for means of rescue.

George found the bottom of a milk bottle, but that was too small; I discovered a small coffee can near the willow pool, but the bottom had rusted out. So we used my waterproof parka hood instead, bulging it full of muddy water, carefully scooping out the failing fish, and dropping it into the sodden hood. We began our march of mercy down the length of the creek and across the road, headed for the big pool in the bird sanctuary, where the water was 5 feet deep and 20 across. And as we walked, fast but gingerly, holding the water-filled hood like a suspended binnacle and staggering somewhat with the weight, some of the water slopped out and dampened our clothes; it began to leak slowly through the waterproof hood, leaving a damp trail along the paving as we hurried along the road toward the deep hole. And every spilled drop was blood, and every step nearer, life.

At last we came to the sanctuary and slipped past the chain-link fence where the fence had to stop for the bridge of the creek, and we slid down the worn trail to the bank of the pool. The fish was almost dead, and its back was above water again in the hood.

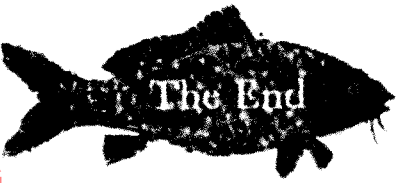
I lowered the hood into the shallow water at the edge of the pool, and as the edge of the hood fell away, the fish drifted out into the water, its fins moving feebly, but fast, lying on its side on the surface. We stood mutely in the mud and watched the fish fight for life again.

Its tail moved convulsively, and it moved forward several inches, turning almost upright with the motion. Several more times it did this, nearly turning upright every time until, at length, it was successful. Then, with its mouth taking great gulps of air from the surface and its gills moving in convulsions, the fish slowly swam around the pool, merely moving, for there was still no strength or purpose in it. And still we didn't speak, as the fish seemed to grow new strength before our eyes. It gulped and it thrashed its gills for five full minutes, as if cleansing out the putrefaction of near-death with the new oxygen-full water.

George flipped a small stone into the water, a few feet from where the fish rested. With a small swirl, the fish disappeared, and the eddies made by the stone and the fish rocked one another into submission in the small wooded pool.

As we stared after our success, glowing inwardly in our Samaritanism, George knew why I had snapped at him when he had asked, back when we first put the fish in the hood, if I were going to feed the fish to my cat.

At home, the soggy parka hood was hung up to dry by my mother, who thanked me with her voice for the gift of the earthenware jar and wondered in her mind just what it was that made boys do senseless things like throwing the tops of their parkas into the stream.



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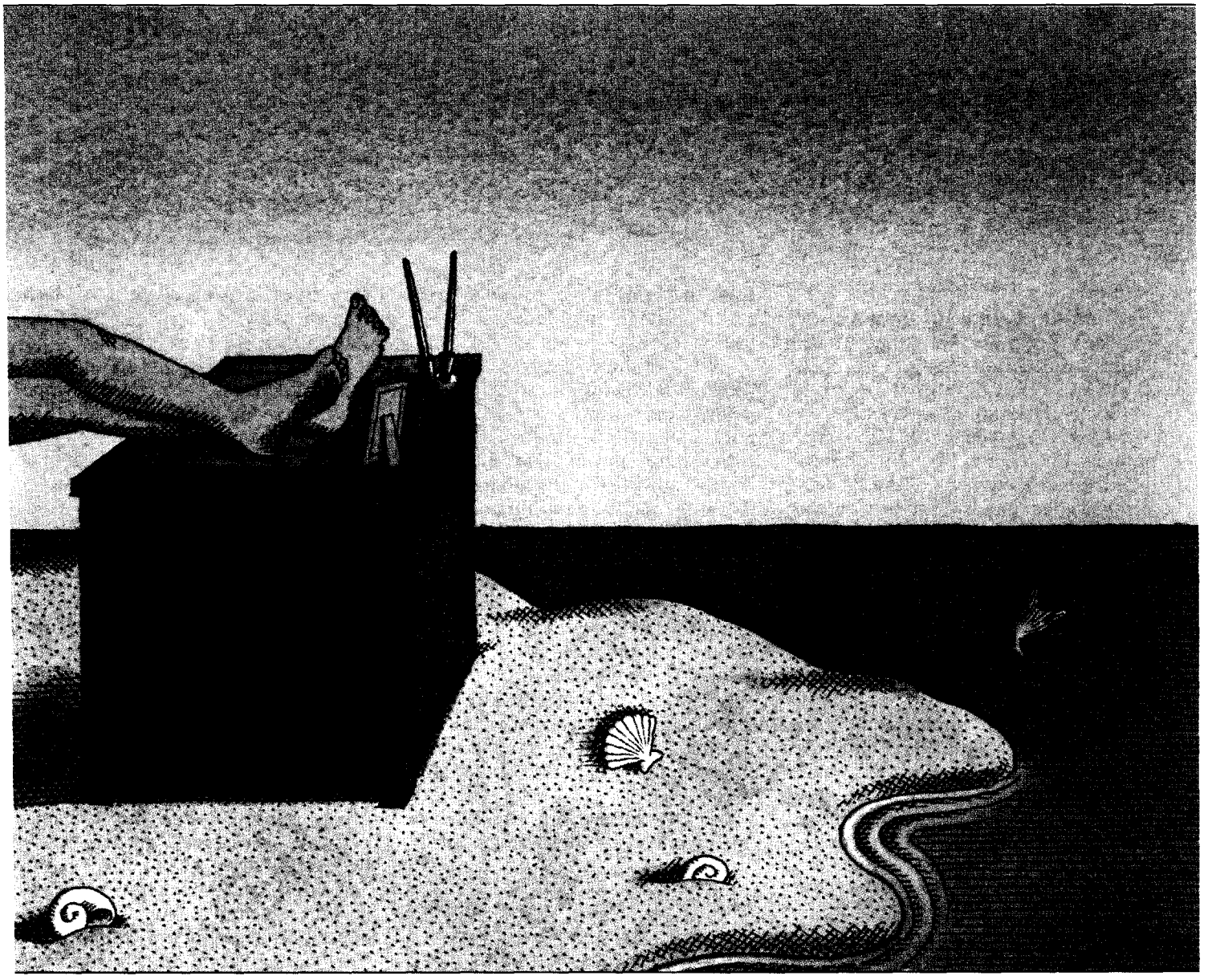

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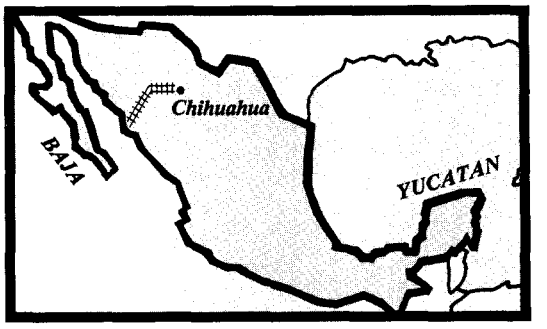


State of Baja California Sur: San José del Cabo

Some places are hard to leave. My favorite, the village of Cabo San Lucas, on the southern tip of Baja California, is only one of the cape region's communities that beckon the traveler with an interest and beauty all their own. San José del Cabo, Todos Santos, and La Paz are all linked with Cabo San Lucas by a paved, 150-mile loop of highway that ensures a quick and easy return to each, through an infinite variety of moods and landscapes.

The first road joining Cabo San Lucas and San José del Cabo was opened in 1927—a narrow, single lane clinging precariously to the hills. Along the modern coastal route, unwinding some 20 miles from Land's End, shades of that bygone era linger still, rejecting a total takeover by the tourist trade.

Here and there, a car or a pickup truck, coated with dust in lieu of paint, wearily awaits its next tour of duty alongside a dwelling aflutter with children and chickens. From tiny homesteads life is miraculously wrestled from inhospitable soil, much as it has been for generations. Cattle crop the grass by the roadside, oblivious to the clatter of paving crews. In the arc of a hairpin turn, a lone horse—or burro—defies quick death, intent only on a constant search for nourishment where none seems to be.

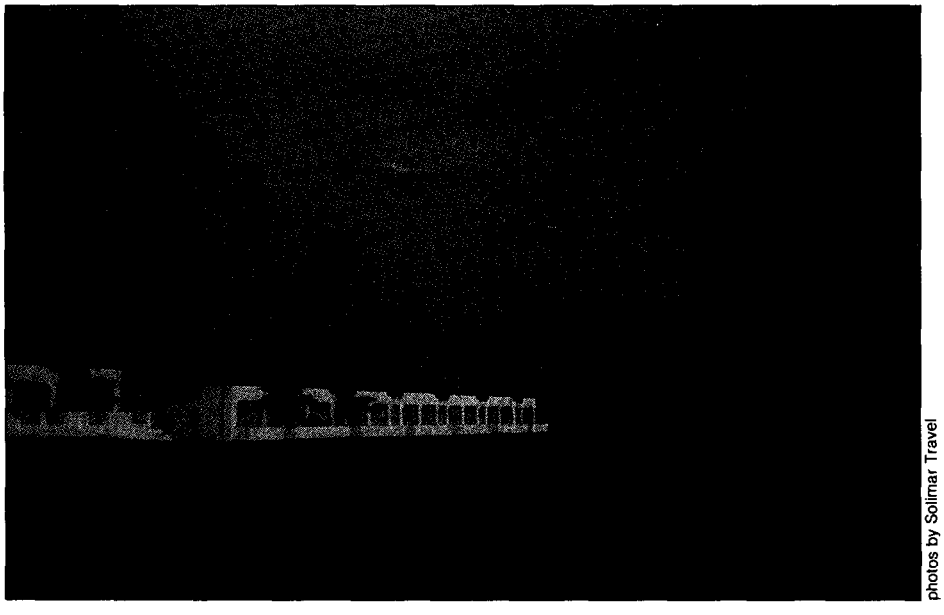
Above and below the highway, the gray of scrub and rock rises and falls, dipping in breathtaking contrast to the gold and turquoise of beach and sea.

Some 20 miles from Land's End, one can leave the desert temporarily and enter a mirage-world of lush tropical growth. From a small highway sign on the right, vaguely pointing with arm askew to "Santa Rosa," the turnoff eases down a gentle slope and, flanked in brilliant green, meanders through rich farmland. All about spring prickly pear shrubs, wild grapevines, occasional blazes of bougainvillaea—and utter stillness.

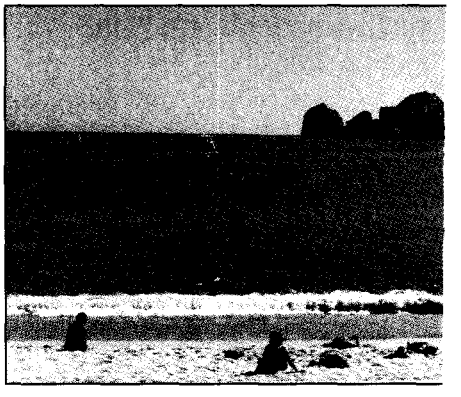
Slowed to a snail's pace, windows full-down, we take great breaths of fruit-scented air. Suddenly, from nowhere—shouts and laughter. Two young boys appear alongside, pushing an enormous cart filled with mangoes and papayas. Immediately, they make a game of their chores, drag racing us along the winding road, a full barrow-length ahead of the car. Of course they "win." And reluctantly we part when, with triumphant waves, they veer into the hacienda gateway, their loaded burden teetering precariously on the narrow path.

It is possible to blink and miss Santa Rosa. The only landmark building appears to be an ancient church, possibly dating from the mission era, though indifferently restored. A bare light bulb, hanging from a long wire over the door, signals its hookup to the 20th century.

Leaving the hamlet behind, the narrow dirt road winds through an



photos by Solimar Travel



Up-to-date facilities and amenities like bathing beaches (right) have lessened the pristine sense of isolation that still pervades Baja California. Tourism, boosted greatly by paved highways, has become a mainstay of the local economy.

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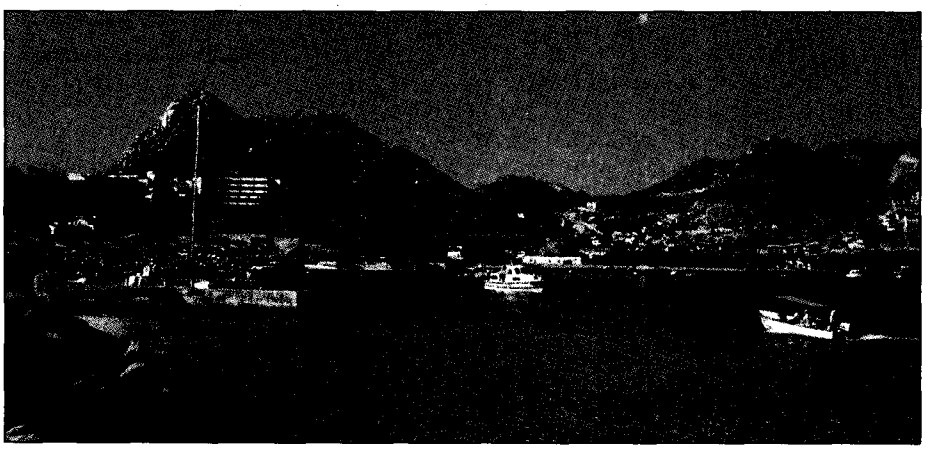


photos by Solimar Travel

The harbors of Baja once provided refuge on the last leg of the grueling Manila-to-Acapulco run. Today yachts have replaced the imperial galleons.

orderly profusion of tomatoes, bananas, dates, and sugar cane. This is no desert illusion, but rather the result of the periodic trenching of a fresh-water lagoon that builds up behind a berm of sand along the shoreline and forms a natural reservoir between land and sea. The lagoon is fed by the Río de San José, running underground from the mountains. And since the days of conquistador, padre, and privateer, it has spelled survival to settler and seafarer alike.

San José del Cabo sits on a small rise about two miles inland, heralded by a beacon of blooms running riot in every dooryard. Within the town itself, narrow, winding streets bordered by neat shops curve down to a shaded central plaza, where a steady stream of cars jockey for parking before spilling their cargoes of camera buffs into the sun-drenched melee. Here, canopied refreshment stands offer an array of small cakes, pastries, and cold drinks. For sale nearby—displayed from the back of a pickup truck—mounted game fish stare out with glassy eyes. On the steps of the municipal hall, a child with the face of a modern Madonna cradles a sleeping baby almost half her size. In open doorways, shoppers chatter and argue, fingering merchandise ablaze with color.

Here is the hub of a modern community that, Janus-like, still looks over its shoulder into the past.

The Casa de Cultura, to one side of the plaza, houses as part of its library collection the comprehensive *History*

continued on page 76

State of Yucatán: Chichén Itzá

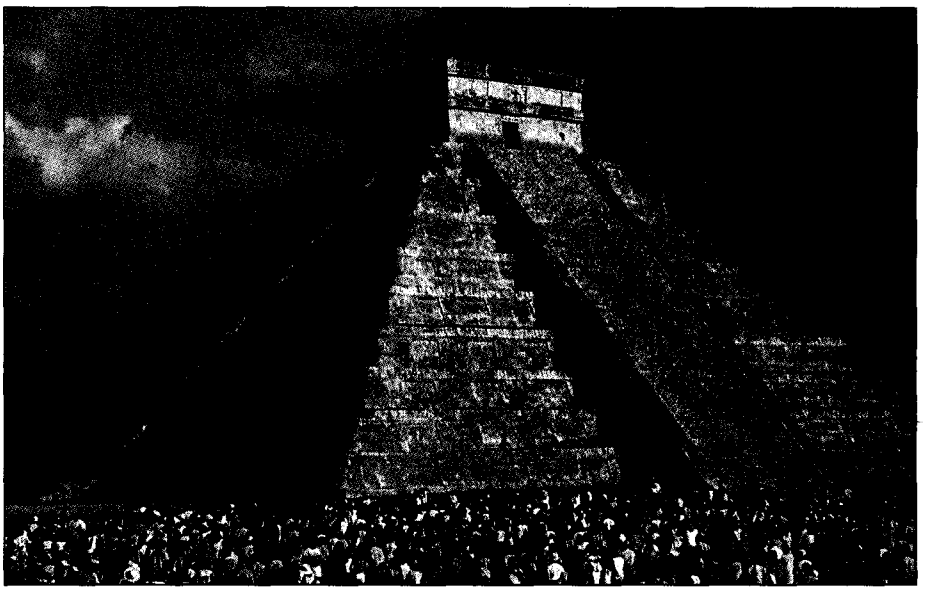
A crowd of Mexicans and Anglos at the Temple of the Jaguar edged forward, waiting for the mystical appearance of the ancient Mayan serpent god, Kukulcán (Quetzalcóatl to the Aztecs). Many of these people had previously encountered the serpent god only in a 1982 film, in which Quetzalcóatl arrives in New York City to wreak havoc.

But as the sun set this past March 21, the first day of spring, Kukulcán would "appear" once again as he has for ten centuries in the ancient Mayan ruins at Chichén Itzá, located in the jungles of the Yucatán Peninsula. Scientists believe the structure's alignment and dimensions are linked with the movement of the sun and the measurement of time.

Twice a year, a precise shaft of light joins Kukulcán's head (lower left) to his "body," the patterns formed on the pyramid staircase.

More than 30,000 people had gathered in front of El Castillo (Kukulcán) pyramid. At 4:30 p.m., the Mexican dancers who had been entertaining the crowd stopped. Everyone turned toward the pyramid, where Kukulcán was materializing.

The god's appearance began with one triangle of light after another on



Fred Rosen

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The east and west segments of the Pacifico railroad meet deep in a gorge.

the side of the pyramid's staircase. When they linked up, the onlookers could clearly make out his long tail, then his body, edged in brilliant, yellow sunlight, slithering down the steps of the pyramid to link up with the serpent's head the Mayans had carved centuries ago in the bottom of the balustrade.

Photographers blazed away as the setting sun made Kukulcán's shape sharper and sharper. By 5:15, the sunlight began to wane. Kukulcán disappeared from the bottom up, one triangle of light, then another and another, until finally, he was gone.

• • •

Kukulcán made his latest appearance, as he does every year, on the first day of autumn. If you want to travel to Chichén Itzá to make his acquaintance, Aeromexico flies to the Yucatán from various points in the United States. The travel time from major gateways in the Northeast is 3½ hours to Cancún. Then it's only three hours by bus or car to Chichén Itzá.

Cancún, on the east coast of the Yucatán, features luxurious hotels with waterfalls in the swimming pools. The sunny beaches are populated by bikini-clad guests taking an occasional dip in the warm, turquoise-colored Caribbean.

As an alternative or addition to a stay in Cancún, try Mérida, the capital of the State of Yucatán. It's situated on the northwest end of the peninsula, near the Gulf of Mexico, two hours by car or bus from Chichén Itzá.

Mérida is the sort of place you've seen in any dozen Hollywood films: expatriate, Margarita-drinking Americans on verandas overlooking elaborately tiled swimming pools; beggars on the streets; and such old hotels as the Mérida Misión, where the maintenance men carry a tool kit consisting of pliers and a screwdriver. Still, the hotels are clean, the restaurants excellent, and the prices *mucho* cheaper than Cancún's.

—Fred Rosen

photos by Bob O'Connor

On our continent, not far from our borders, 20th-century people live in caves. A few of the bolder Tarahumaras welcome tourists to their abode.

States of Chihuahua & Sinaloa: Chihuahua al Pacifico RR

A journey on Mexico's Chihuahua al Pacifico railroad defies comparison. One of the world's most dramatic train rides, the roller-coaster route connects the vibrant city of Chihuahua with the warm waters and sun-splashed beaches of the Pacific. Scattered along its 410-mile length, dusty lumber towns, tropical valleys, temperate-zone orchards, waterfalls, canyons, and mountains form the backdrop for isolated hamlets frozen in time.

An engineering marvel that defied completion for almost a century, the Chihuahua al Pacifico enters territory not accessible by road and scales elevations from sea level to the Continental Divide high in the Sierra Madre Occidental. Passenger trains encompassing everything from sleek, glass-domed sightseeing coaches to ancient rickety cars with scuffed vinyl seats and cracked, soot-stained windows can travel the distance in 13½ hours.

As an alternative to making this unforgettable ride by coach, several companies plan RV piggy-back trips as part of an extended tour. Chaining an RV to a flatcar on the end of a very long freight train and living aboard ensure a leisurely five-day adventure. A magnificent panorama

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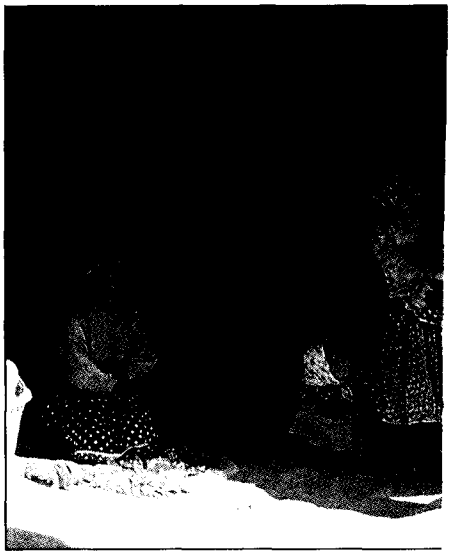

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unfolds, seen either through the expanse of the windshield or from the comfort of a lawn chair on your moving patio.

RVers' driving anxieties are relieved by a good briefing on road courtesies, a CB linkage—and a mechanic bringing up the rear. Those who have never "dry camped" (without electricity, water, and sewerage) learn to ration their batteries, water, and bottled gas. Travel is planned for daylight hours with overnight stops on sidings. Along narrow ledges where there are single tracks, passenger and passenger-freight trains have priority. Last place goes to freight trains.

The Chihuahua al Pacifico's jumping-off point is a bustling urban sprawl of more than 1 million people. Chihuahua and its environs bristle with parks, mansions, cathedrals, and museums, including the home of the legendary revolutionary Pancho Villa. On the outskirts of the city, the train picks up speed as it rumbles past the cellulose, plywood, and artificial-fiber industries that depend on the Chihuahua ponderosa pine for their raw material. Directly west on the trip is Cuauhtémoc, near which RVs board at LaJunta freight yard.

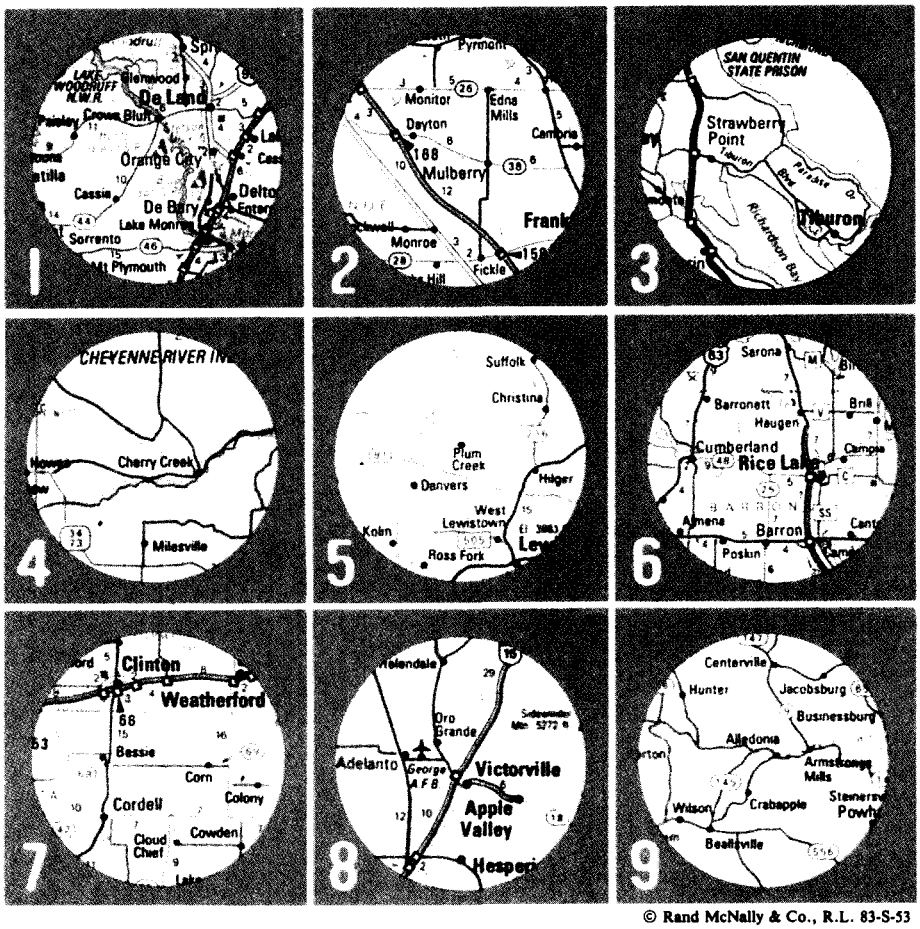
Cuauhtémoc is the trading center for members of the Mennonite colony. This culture shuns the Spanish language, the public schools, and the use of modern equipment. The land is a patchwork of carefully tended, tin-roofed farms with windmills, tidy haystacks, and horse-drawn vehicles. Diligent work habits, large families, and frugal ways have converted an unproductive area into valuable farms. Although some Mennonites have adopted electricity and its conveniences, many still cling to the German language and the age-old manner of their ancestors.

Civilization recedes and roads peter out as the train climbs its tortuous route outside Cuauhtémoc. At El Lazo (The Loop) it makes a complete circle and crosses over itself. In a succession of towns, armies of chattering, curious children gather. Cows, horses, dogs, and people wander freely across the expanse of tracks. Blaring air-horns signal all arrivals and departures, prompting just enough movement to allow unimpeded passage with no casualties. Rain muddies the streets and provides "running water" by filling the barrels mounted on the roofs of the lavender and lime-green houses. Outdoor sanitary facilities are used throughout the town. Chickens peck for food around the front stoop. Dogs are everywhere—all friendly. Front "lawns" are hard-packed dirt swept constantly with makeshift brooms. Clothes, washed yesterday in the muddy stream, hang in the rain over the crooked fences and get a thorough rinsing before the sun comes out to dry them. The children's spotless white stockings are a tribute to the care given to cleanliness amid such backward conditions.

In most communities, churches border a picturesque central plaza of grass, flowers, shade trees, and benches. In Creel, there is also a small modern hospital begun as a one-room clinic more than 20 years ago by a Dutch priest. The highly polished floors and walls are spotless, the patients well cared for, and with the exception of badly undernourished new arrivals, the shy children plump and beautiful.

Creel, a thriving lumber town, is the beginning of the 26,000-acre wilderness of the Tarahumara Indians, one of the most primitive and nomadic tribes on this continent. Most live in smoke-blackened caves, moving as the weather dictates. In an austere setting of jagged rocks, small patches of corn (their basic food) struggle to survive. Domestic animals share their homes. Catholic missions offer schooling and health care, but the more primitive people shun both. A few on the rim of this great trackless land invite tourists

continued on page 76



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Cultivate your geography knowledge with this puzzle.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 102)

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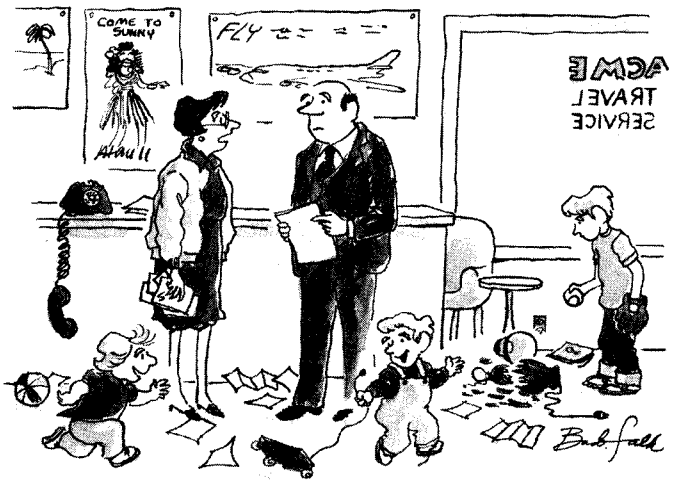

"Don't you remember? They came in this morning with that couple who bought the all-expenses-included second-honeymoon cruise."

Experience living history in **Savannah,** the nation's largest national urban-landmark historic district and **Georgia**'s mother city. Vacation-planning packet of brochures offers beach, city, and inn accommodations and restaurants, sightseeing, and recreation maps. For free Savannah packet, circle **44**

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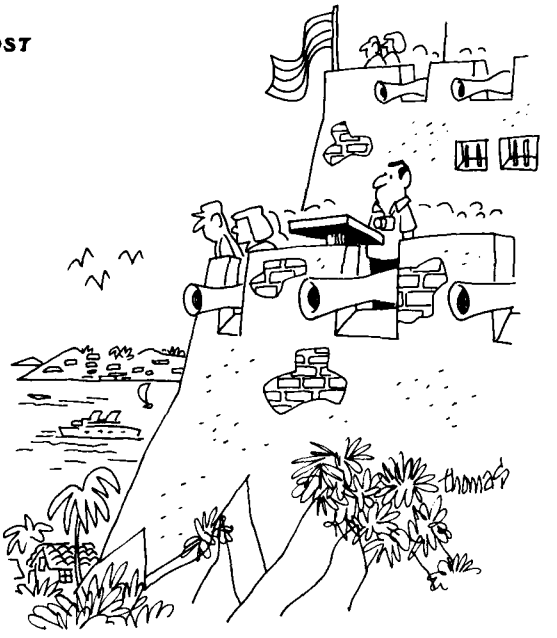
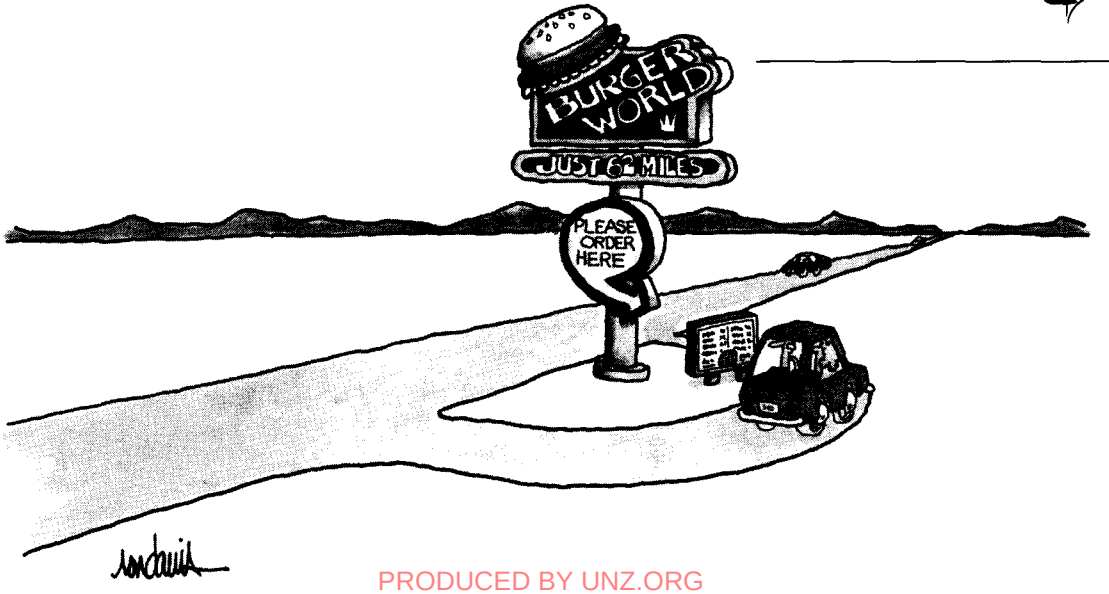


"This fort was constructed in 1984 by the Fun-Time Hotel Corporation as a part of its plan to promote tourism on this dull island. Thank you for coming."



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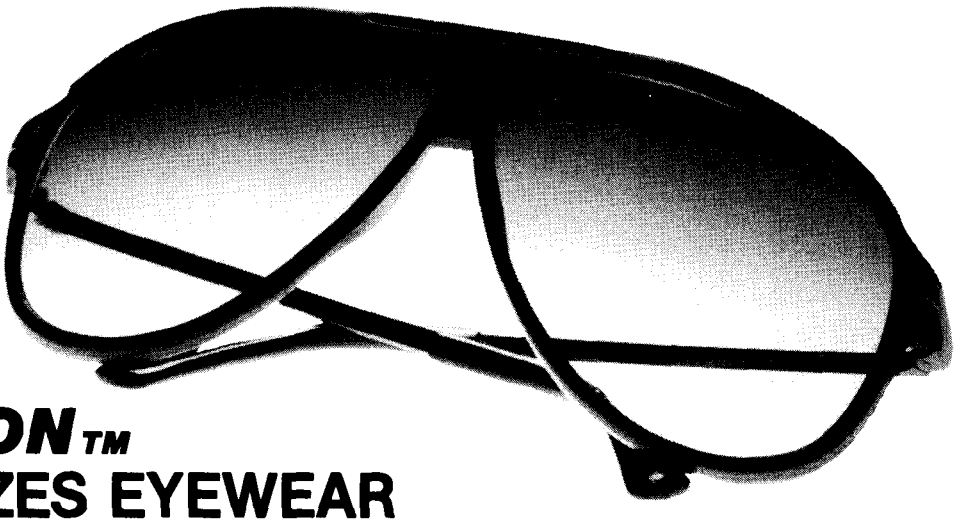

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Don't be fooled by the appearance of these glasses! These are not ordinary sunglasses. They may look like high fashion sunglasses (in fact, they are designed after some of the most expensive brand names on the market today — e.g. Porsche™, Carrera™, etc.) — but are actually the latest breakthrough in sunglass technology. Ambervision's™ scientific design filters out blue and ultraviolet portions of the light spectrum that have been proven to be harmful to your eyes. By filtering out these dangerous rays, not only are your eyes protected from damage, but your vision is enhanced to a new level of perceptual eyesight!

A New World Through New Eyes

Just imagine what it would be like to look through glasses that make the world seem sharper, more vibrant, more alive and more cheerful. Slip on a pair of these sleek designer sunglass "look alikes" and you'll notice a marked improvement in your vision. The world will seem so crisp, so clear, that you'll feel as if someone had just given you a new set of eyes. This vision enhancement experience is so incredibly phenomenal that it has been widely publicized by others as a "Vision Breakthrough". You literally "won't believe your eyes!" Thousands of professional golfers, hunters, and skiers have already discovered and reaped the benefits of these indispensable Super-Glasses — now you too can experience the excitement of ENHANCED EYESIGHT!

What About Sunglasses

The unbelievable truth is that ORDINARY sunglasses may be dangerous to your eyes. Everybody knows that your eyes automatically adjust to light. When you wear plain darkened lenses, your pupils open wider to adjust for darkness — but this becomes harmful because your eyes are now letting MORE dangerous UV rays in.

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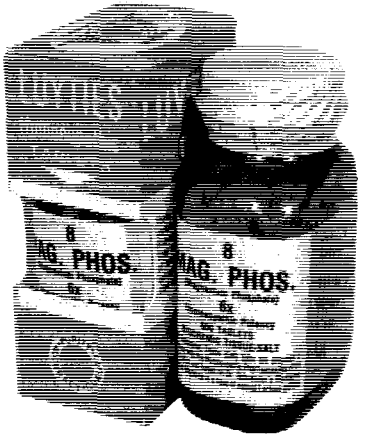

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Railroad

continued from page 72

into their caves in order to sell their baskets, carved wooden dolls, colorful belts, and handcrafted violins. Those who have adopted civilization have become highly skilled workers, operating heavy equipment and living in the villages served by the trains.

Spectacular Copper Canyon rivals the Grand Canyon in scale and grandeur. Following a rim of deep ravines below towering mountain ranges, the tracks soar over 37 bridges and plunge into 86 dark tunnels. In many cases, the locomotive enters a tunnel before the caboose has cleared the last one. There is a 20-minute stop for the splendor of Divisadero. Here, at the lookout, passengers disembark, snap photos, and marvel at the expanse of canyons stretched below.

At Temoris, the tracks unfold in three levels, circling in their rapid descent to warmer weather. A commemorative plaque near a waterfall marks the spot where, in 1961, the east and west sections joined. Politics and the rugged country had delayed completion for 90 years.

After the mountains are left behind, fields of cotton, soybeans, wheat, sugar cane, safflower, and marigolds dominate the last leg of the journey. Los Mochis, the terminus, is an economic and agricultural center with a nice contrast between the new modern stores and a colorful native market.

The scope of this ride, spanning mountains and centuries, can also be appreciated by stopping at one or more of the remote hotels that cater to the palates and the comforts of the tourists. Either way, the stark grandeur of a primitive world and the modern farms and cities of today's Mexican society are an education and an adventure.

—L. DeVerde O'Connor

Baja California

continued from page 69

of Lower California. The *History* was written by the respected historian Pablo Martinez, a native son of San José del Cabo and one in whom the local residents take great pride. Nearby is the theater complex, where folk dances, crafts, and tableaux keep alive the rich cultural traditions of the region.

Brooding over all is the cathedral, which dominates the square. Completed in 1940, it commemorates the founding of the first Jesuit mission on the cape, by Father Nicolás Tamaral, at San José del Cabo in 1730. On the morning of October 3, 1734, Pericú Indian rebels seized Father Tamaral, dragged him outside, and cut off his head. Above the main door of the cathedral, a mosaic depicts his martyrdom.

As we once again rejoin the highway above the town and head north toward La Paz, it suddenly becomes clear why laughter always lightens suffering in this strange and fascinating land. Every roadside has its cast of stand-up comics in cactus costume, saluting the traveler as he passes, with an endless repertoire of poses in motionless mime. The furry teddy bear of the cholla, the lumbering trunks of the elephant cactus, the towering saguaro, and—most amusing of all—the sinuous boojum tree, twisting in multiple-jointed acrobatics. It is impossible to remain heavy-hearted for long on the roads of Baja California.

—Tina Harrison

Confessions

continued from page 49

a middle-aged internist. I can imagine her look of genuine outrage—which would certainly be an improvement on her ersatz gall bladder.

Take Up a Hobby and Become a Multifaceted Bore Instead of a Simple One

At the turn of the century, Sir William Osler, the Best Internist in the Solar System, urged his students to practice medicine as humanitarians, scientists, and artists. In their spare time, he advised, they should take up a hobby. Sir William, that charismatic overachiever, has driven many a lesser physician to an early grave in an effort to emulate him. Here was a Victorian giant who wrote the definitive medical textbook of his age, who was No. 1 physician and teacher wherever he settled (Canada,

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the United States, and England), who had diseases he defined *named* after him—prescribing recreational therapy for us schleppers who are still on the phone with a character disorder at 8 p.m. With all due respect to Sir William, I submit that the only rewarding hobby a modern physician can take up is sleep.

I collect odd hours of sleep like a numismatist collects Indian-head nickels. My most treasured sleep takes place during the 20 minutes that follow the departure of my last patient. I sit alone in my consultation room and recite my mantra three times ("Osler, Os-ler, O-o-ss-ler") and fall into a dreamless sleep. I awake rejuvenated and for a few moments contemplate the joys of not having taken up an ordinary hobby.

I cannot end this disquisition on the physician as hobbyist without a few words on photography. Show me a physician with a single-lens reflex camera around his neck, and I will show you a menace to polite society. He comes home from Europe with 2,000 transparencies, of which he discards 7 as being below his standards. He has his wife invite 12 unsuspecting guests for dinner. After dessert, he announces, "Would anyone care to see my slides of Rome, Florence, and Venice?"

The guests scan the doors and windows; they are locked; there's no escape. Four hours later the ambulances begin to arrive. The comatose guests are rushed to the nearest emergency room, where huge doses of adrenalin are injected and a pasta-free diet is prescribed for one month.

I know a urologist who had the effrontery to conclude a two-hour meal of pot roast, gravy, potatoes, and wine by saying, "I have a few slides of Yugoslavia I'd like to show you."

Halfway through the presentation, a portly internist rose through a Burgundy stupor and stood before the screen. Lit by an overexposed harbor view, the internist drew a .38-caliber revolver (one of the few weapons more lethal than a 35-millimeter camera) and aimed it at the projectionist.

"Open the front door, Seymour, and let us out!" the internist shouted. 'If you say the word *Dubrovnik* one more time, you're a dead man."

Good night, Sir William, wherever you are.

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FOOD

PASTA: USING THE OLD NOODLE

Thomas Jefferson, serving as an ambassador to France in the 1700s, thoroughly enjoyed his sampling of pasta dishes in Naples. The statesman was so smitten with the simple "maccarony" that he ordered crates of the noodle sent back to the United States along with a pasta-making machine.

Once ashore, the noodle was here to stay. Weathering the picks and pans of fans and food critics alike, pasta is basking in a more flattering, wholesome new light. Nutritionists no longer bad-mouth pasta as high in calories and short on nutrition. To the contrary, food scientists insist that pasta scores a perfect ten in meeting nutritional needs, offering low-fat alternatives in the daily diet, and actually helping the calorie-conscious lose weight. Because it is a low-fat, easy-to-digest food, pasta is ideal for people of all ages.

And if goodness doesn't grab you, pasta is also easy to prepare in a seemingly endless array of variations, challenging even the most imaginative of chefs. To begin the pasta experience, some suggestions are in order. Fresh Broccoli and Pasta Combo is a macaroni and vegetable dish in one. The full-flavored cheese sauce complements both the pasta and the fresh broccoli. Tangy Pasta with Basil and Parmesan is a perfect companion dish to a main entree: the basil and Parmesan blend is a delectable topping for fresh whole-wheat or spinach pasta. To entertain the eye as well as the palate, serve the colorful Spinach Rotini Salad—a harvest of fresh vegetables and spices tossed and then chilled for the perfect presentation. This recipe captured the well-deserved praise and delighted the finicky tastes of *Post* editors. Using the old noodle, you'll relish the tantalizing taste and reap the healthy rewards of universally cherished pasta.

Spinach Rotini Salad
(Makes 14 cups)

1 pound spinach rotini
1 package (3½ oz.) sliced pepperoni
1 can (6 oz.) pitted ripe olives
1 cup sliced mushrooms
1 medium red onion, peeled and sliced
1 cup snow peas
1 medium zucchini, sliced
1 medium green pepper, cut in strips
1 tablespoon diced pimientos
⅔ cup olive oil
⅔ cup red wine vinegar
1½ teaspoons Italian seasoning
1 teaspoon lemon and pepper seasoning
2 teaspoons sugar

The Spinach Rotini Salad is pasta with a flair—where olives, mushrooms, onions, snow peas, peppers, and zucchini vie for popularity with the star of the show.

Cook pasta following directions on package. Rinse with cold water and drain. In large bowl, combine pasta with next 8 ingredients and toss. Combine remaining ingredients; mix well. Toss with pasta and vegetables. Chill several hours.

Italian Seashell Salad
(Makes 17 cups)

1 pound uncooked pasta in shell shape
1 can (15 or 16 oz.) salmon or tuna
3 medium carrots, coarsely grated
1 medium cucumber, sliced
8 cherry tomatoes, cut into halves
¼ cup chopped green onions
1½ cups broccoli florets
½ cup plain yogurt
½ cup mayonnaise
1½ teaspoons Season-All® seasoned salt
⅛ teaspoon ground red pepper
⅛ teaspoon ground white pepper
1 teaspoon parsley flakes
1½ teaspoons lemon juice

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¼ teaspoon tarragon leaves

Cook pasta following directions on package. Rinse with cold water and drain. Put in large bowl. Drain salmon and remove skin. Add salmon and next 5 ingredients to pasta. Combine remaining ingredients; mix well. Toss with pasta mixture. Chill.

Tangy Pasta with Basil and Parmesan
(Makes 4 servings)

Tangy Pasta (below)
1 large clove garlic, minced
¼ cup chopped fresh basil or 2 teaspoons crushed dried basil leaves
2 tablespoons margarine
2 tablespoons olive or vegetable oil
Grated peel and juice of ½ Sunkist® lemon
¼ cup chopped parsley
⅔ cup grated Parmesan cheese
Fresh ground pepper to taste

Prepare Tangy Pasta. In large skillet, sauté garlic with basil in margarine

continued on page 107

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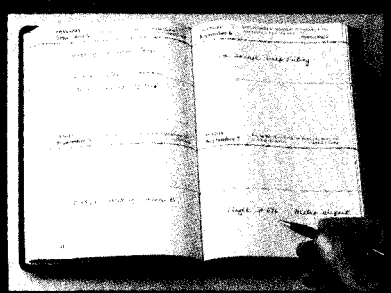

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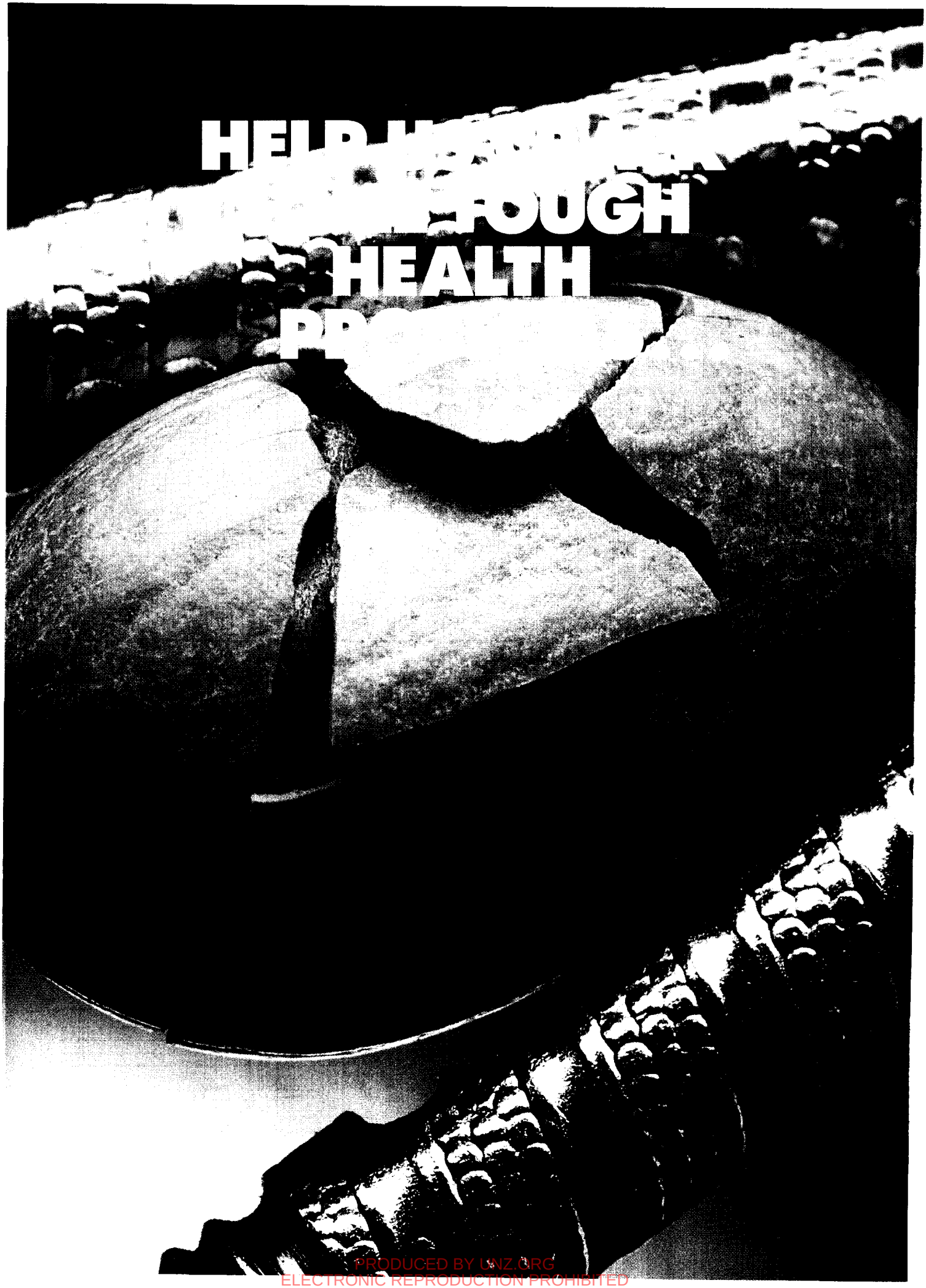

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And receive a nutty gift.

We could say that this is a case of zinc or swim. (If you don't accept the zinc in our FREE pecans, the Society can't stay in the swim of nutrition research). But we won't say that. We *will* say that you could get the zinc your body requires for good health in other ways. The truth is, however, that zinc is obtainable in no more delicious form than pecans.

But that is only one of a half-dozen reasons why we are expressing our thanks in pecans for your contribution. Besides being loaded with protein, vitamin A, phosphorus, potassium, and magnesium, pecans also have a high content of zinc. And zinc has been rightly called the "mineral for all reasons." Among those reasons is that some believe it is necessary to prevent BPH, or benign prostatic hypertrophy (which just means an enlarged prostate), a condition that will be found in more than half of the men in our country when they reach senior status.

Moreover, as a noted doctor has pointed out, "zinc is an essential trace element, vital to life. It's part of RNA and DNA—it's in every cell in the body."

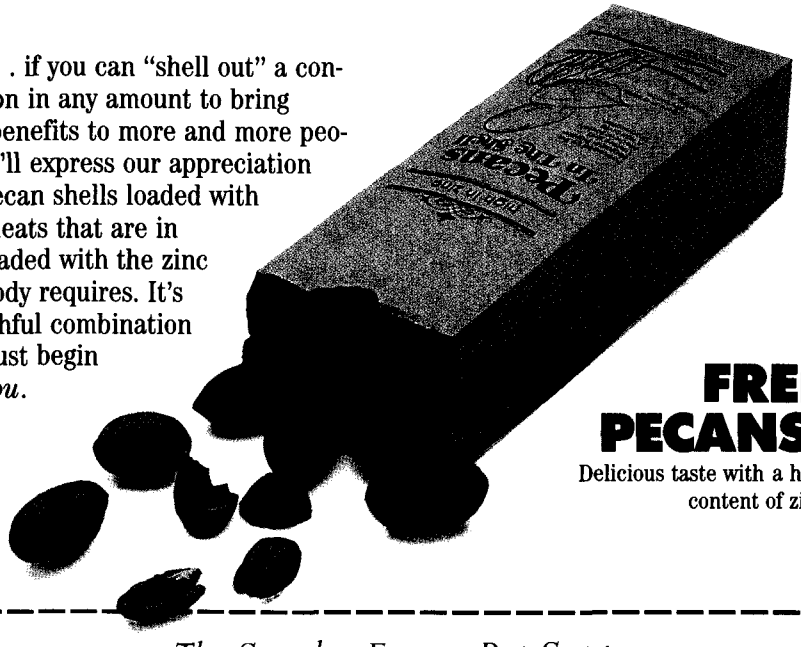
Thus, with your health in mind, we say "Thank You" for your contribution with a 13¼-ounce bag of unshelled pecans. And with the health of our millions of readers in mind, we will use that contribution to further our fight against AIDS.

The Society has outfitted an AIDS MOBILE that offers free, confidential AIDS-antibody tests to any who have had a blood transfusion within the past ten years, their spouses, and women contemplating a pregnancy. The AIDS MOBILE's phlebotomists have already drawn blood for testing from hundreds of eager volunteers in Tennessee, Indiana, and Virginia. Your contribution will help us continue our mission—a mission of educating the public on how to help stop the spread of this insidious killer; of reassuring the many who are AIDS negative and urging them to donate blood for a safer supply for all; and, regrettably, of informing those who test positive and helping them find good medical attention.

So . . . if you can "shell out" a contribution in any amount to bring these benefits to more and more people, we'll express our appreciation with pecan shells loaded with tasty meats that are in turn loaded with the zinc your body requires. It's a healthful combination that must begin with *you*.

Won't you take a moment to fill in the coupon below and enjoy many moments of satisfaction for having a hand in cracking some of the hard-shelled health problems of our day?

The Saturday Evening Post Society



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Delicious taste with a high content of zinc.

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Yes, I want to help crack tough health problems. Please send me my free pecans. I'm enclosing a contribution for medical research.

My donation: $5 ____ $10 ____ $15 ____ Other _____

☐ Check or money order enclosed Charge to: ☐ VISA ☐ MasterCard

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Signature _____

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Address _____

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Allow up to 4 weeks for delivery © SEP 1987 HP72

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Bulbs

continued from page 35

the winter, tulips left in the ground will not bloom the second season, because tulips do not reproduce bulbs of blooming size if the ground does not get cold enough. In these regions, purchase prechilled bulbs and set them out each spring. Or chill them in the refrigerator for eight to ten weeks before your spring planting.

• *Locate* your spring-flowering bulbs where they will have good drainage and full sun. Most bulbs will also tolerate partial shade. In fact, tulips will last longer if protected from the noonday sun, especially in the warmer parts of the country.

• You can *plant* bulbs individually if you improve the soil and add a little fertilizer to the bottom of each planting hole. By my standards, this way is the hardest. It's easier to outline the size of the planting area first and then to dig the entire area deeply and improve the texture and drainage with well-rotted compost and other organic material. (Manure is not recommended for bulbs.) It is important to dig deeply enough that the soil beneath the bulb is well loosened to provide a good medium for root development. The soil pH should be neutral.

Add a slow-release fertilizer with a 9-6-6 or similar analysis. Studies by Dr. Paul Nelson at North Carolina State University at Raleigh have shown that the perennialization of tulips depends on proper fertilization. "Tulip bulbs disintegrate after blossoming," Nelson explains. "Subsequent yearly blooms appear only if the original bulbs produce full-size 'daughter' bulbs. Without adequate soil nutrients, this will not happen." That is why home gardeners who don't fertilize yearly rarely get a second or third flowering.

Tulips can be further encouraged to reflower by planting them at least 10 to 12 inches deep. For other bulbs, the rule of thumb for planting depth is three times the bulb's diameter. Large bulbs will show and multiply best if planted six inches apart. Small bulbs should be planted closer, about three inches apart. Remember to position bulbs with their noses up in the planting hole—the tip is where the flower will grow from. Firm the bulb into place before covering it with soil.

• After planting, *water* well. Keep watering until the ground freezes, and resume watering in the spring.

As soon as foliage emerges from the soil in the spring, spray on one of the new premeasured, premixed liquid fertilizers formulated for flowers. The foliage takes in the fertilizer for an instant boost. Reapply the fertilizer just before flowering and again immediately after flowering. Bulb flowers are above ground for such a short time that you have little opportunity to feed them, yet this feeding is crucial to next year's blooms. In the fall, cultivate a little bulb booster into the soil. In cold areas, mulch plantings with a three-inch layer of salt, hay, or other mulching material. Remove the mulch in early spring, as soon as the foliage emerges.

• *Remove* flowers as they fade, before they go to seed. Removal conserves bulb energy and promotes future flowering. The bulb gathers energy from its foliage—that's why you want to leave the foliage (but not the flowers) on the plant until it dries up completely. For neatness, you may want to bundle or tie the leaves together with a rubber band. Some people dig up their bulbs after spring flowering and replant them in the fall, but for me, that is too much work. I just add new bulbs to the garden each fall.

• If *pests* such as mice, squirrels, deer, or rabbits are a problem in your garden, try planting your bulbs in beds lined with half-inch wire mesh that will let foliage through and keep the creatures out.

• If you are an *indoor gardener*, try forcing spring-flowering bulbs to grow by wrapping them in plastic and putting them in a cool place, such as a refrigerator. (Check labels for forcing varieties and follow instructions carefully.) When the shoots are visible about 12 weeks later, move them to the rooms you want to brighten and enjoy watching them grow and bloom.

Especially if you have never grown bulb flowers before, it may seem too easy to simply bury the bulbs in the fall and expect a show of flowers in the spring. But it really is that simple. And anticipating the display from your humble bulbs will surely shorten your long winter days.

"Thanks, ma'am, we don't get many pork chops."

Sequence of Spring-Flowering Bulb Bloom

February/March

—*Snowdrop* **(Galanthus).** Delicate white blossoms that pop up through the snow. Grows 4 to 6 inches tall.

—*Winter Aconite* **(Eranthis).** Yellow, buttercup-shaped flowers. Grows 4 to 6 inches tall.

—*Glory-of-the-Snow* **(Chionodoxa).** Six-petaled, lavender-purple flowers. Grows 4 to 6 inches tall.

—**Anemone blanda.** Daisy-like low grower in vivid shades of pink, rose, lavender, and white. Some are multicolored.

—**Iris reticulata** ***(Dwarf iris).*** Bluest of blue irises. Grows 4 to 6 inches tall. Multiplies rapidly.

March/April

—*Dutch Crocus*. Each bulb produces 4 to 5 flowers. Varieties include deep purple "Flower Record," white

continued on following page

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$5 Santa Bears

As part of a nationwide Pre-Christmas publicity campaign, RBM Ltd., a leading New York firm will give away one of its most expensive stuffed animal toys—the nationally advertised Santa Teddy Bear™—for the astonishing publicity price of only $5 to every person who writes to the company address (below) before Midnight, December 25, 1987.

This *original* publicity ad must accompany your request. No copies or photostats.

These are the same famous Santa Bears™ nationally advertised by us in leading media across America. They have the authentic "huggable-soft" plush bodies, perky ears, and adorable frost-nipped noses that have captured the hearts of children everywhere.

Irresistibly *lovable,* they are great *huggable* bears that your children can actually put their arms around and really make friends with. Almost one foot in length, each one is dressed in a cherry-red pom-pom cap and jaunty muffler dusted with delicate white snowflakes—handsomely outfitted for the holiday season.

The cutest dolls you've ever seen, these cheery, fuzzy Santa Bears are perfect "pals." Every child in America would love to own one—so don't miss out by responding too late. These are among the fastest selling and most expensive stuffed animal toys ever sold by this multi-million dollar firm. *Yet your publicity price is only $5.*

These Santa Bears will *not* be sold at this or any price by the company in any store. There is a limit of two (2) bears per address at this price, but if your request is mailed early enough (before Dec. 17) you may order up to 7. Each Santa Bear is covered by the company's full one-year money-back guarantee.

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To order, mail this original publicity ad (no copies or photostats) together with your name and address and $5 for each bear. Add $2 shipping per bear. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Santa Bear, Dept. 150-128, Box 1206, Westbury, NY 11595. (R44750)**

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"Jeanne D'Arc," and purple-striped "Pickwick."

—***Daffodils (miniature).*** Two good choices are the all-yellow "Tete-a-Tete" and white-and-yellow-cupped "Minnow." Both grow 6 to 8 inches tall.

—***Muscari*** **(Grape Hyacinth).** Produces heavy clusters of blue grape-shaped flowers on 4- to 6-inch stems.

—***Hyacinth.*** Good choices include "Delft Blue," "Pink Pearl," and the all-white "Carnegie." Grows 6 to 8 inches tall.

—***Tulip*** **(Kaufmanniana).** A dwarf tulip that resembles a water lily. Two popular varieties are carmine-and-white "Heart's Delight" and red-and-yellow "Stresa." Grows 6 to 8 inches tall.

—***Tulip (single, early).*** Blooms in April. Try "Apricot Beauty" combined with yellow "Bellona" or red "Couleur Cardinal." Grows 14 to 16 inches tall.

April/May

—***Tulip (peony-flowered).*** Multiple petals resemble peonies. Variegated pink "Angelique," golden yellow "Monte Carlo," and snow-white "Mount Tacoma" are favorites. Grows 10 to 12 inches tall.

—***Tulip (Triumph).*** Outstanding varieties include variegated pink-and-white "Garden Party," carmine-red "Bing Crosby," and "White Dream." Grows 18 to 22 inches tall.

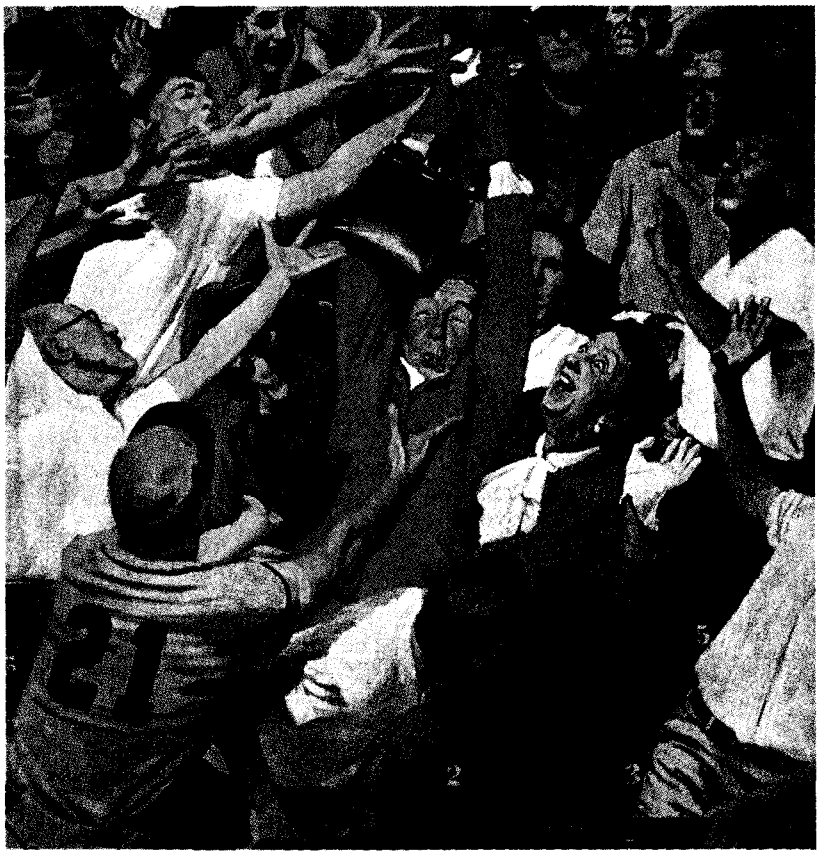
—***Tulip (Darwin Hybrid).*** Noted for huge blossoms. All-time favorites include "Apeldoorn's Elite," red edged in gold; sunny "Golden Oxford"; and orange red "Holland's Glory." Grows 20 to 24 inches tall.

—***Tulip (lily-flowered).*** Blooms in May. All colors, including "Red Shine," golden-yellow "West Point," deep pink "Jacqueline," and "White Triumphator." Grows 22 to 24 inches tall.

—***Tulip (Parrot).*** Noted for flamboyant color combinations such as the red, yellow, and green "Flaming Parrot"; pink, red, and green "Fantasy"; and blue purple "Blue Parrot." Grows 18 to 20 inches tall.

—***Fritillaria imperialis.*** Clusters of red, orange, or yellow bell-shaped flowers. Can be used as a single specimen (planted by itself). Grows 24 to 48 inches tall.

—***Allium giganteum.*** Blooms in May. Huge candy tufts of purple florets. Also white and yellow varieties, and medium- and miniature-size plants. Can be used as a single specimen. Grows 30 to 40 inches tall.



Can you name this picture?

. . .***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8" x 10" photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by Oct. 20, 1987.

Suzie's no whiner or quitter,
But when baby's a howler and spitter
And her homework's undone—
She can't read page one—
She's a starter who needs a pinch-sitter.

Our congratulations and a check for $100 go to K. J. Franks of Wooster, Ohio, for the winning entry in our October 1986 caption contest.

Fool-Killer

continued from page 45

look at me, but it's so. And my friends—well, they're gone—and Susie and the boy—and somehow you don't get as close to the younger people, except the children. And to keep

continued on page 86

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Hundreds of dollars worth of savings come your way as a member of Mature Outlook—an exclusive organization for folks 50 and over.

For just $7.50 a year (your spouse is included free), here's a peek at just some of the benefits you'll receive:

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GONE WITH THE WIND

Returns Again in the Only Fine China Collector's Plate Series Authorized to Celebrate the 50th Anniversary of the Classic Film

Actual diameter: 8½"

"SCARLETT AND HER SUITORS"

Gone With the Wind: Golden Anniversary Series

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Metro Goldwyn Mayer
TRADE MARK

Inspired by the most popular motion picture ever made, this authorized series could well become the most popular collector's plate series ever issued!

For nearly 50 years, *Gone With the Wind* has had a magic appeal to movie-goers and readers alike. Its appeal is not only timeless, but also universal.

That's why this history-making new plate series–the only fine china collector's plate series ever authorized to celebrate the 50th Anniversary of the film–is strongly recommended at this time by The Bradford Exchange.

Knowledgeable plate collectors need only look at its unique credentials to predict a promising future.

Produced by the W.S. George china company, "Scarlett and Her Suitors" is the first issue in the series. This plate portrays the flirtatious nature of the tempestuous Scarlett as no art ever has before. And of course, this first plate sets the standards for those to follow!

Howard Rogers, the noted artist who was specially commissioned to create the series, feels that *Gone With the Wind* inspired some of the finest work of his distinguished career.

When you study this historic collector's plate, you'll agree it's as beautiful as you would expect in a series of this importance–an individually numbered limited-edition creation that's likely to enjoy a "sell-out" success in very short order.

In fact, the prospects for this first issue plate–and subsequent plates in the series–are so bright that The Bradford Exchange offers it with this guarantee...

365-DAY GUARANTEE

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue a check for everything you have paid, including postage, without the necessity of a resale transaction.

A special note to serious collectors: Because, as you know, exceptional limited-edition plates with movie themes have traditionally been among the market's outstanding success stories–with an increase of 1,412% reported within 8 years in one case*–we urge your immediate action before the limited edition is sold out. (After that, the plates will be available only on the secondary market, with price determined solely by supply and demand.) Of course, not all plates go up in value, some go down.

Act promptly to get "Scarlett and Her Suitors." Mail the Buy-Order form today while it is still available at the $24.50 issue price.

The Bradford Exchange
9345 Milwaukee Avenue
Chicago, Illinois 60648-9950

*As reported in the Bradford Exchange Current Quotations dated June 30, 1987.

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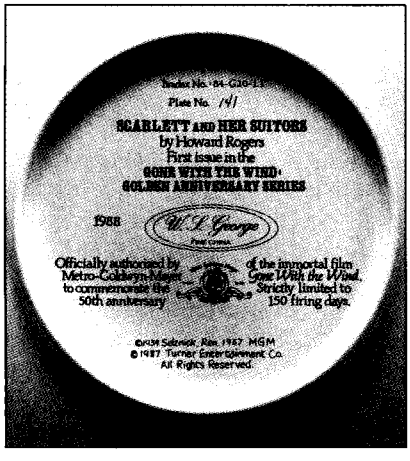
Plate No. 1/1
SCARLETT AND HER SUITORS
by Howard Rogers
First issue in the
GONE WITH THE WIND
GOLDEN ANNIVERSARY SERIES
1988
W. S. George
Officially authorized by Metro-Goldwyn-Mayer to commemorate the 50th anniversary of the immortal film Gone With the Wind. Strictly limited to 150 firing days.
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Each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

751

Buy-Order Form

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Please respond by: October 31, 1987

YES. Please enter my buy-order for "Scarlett and Her Suitors," first plate in the *Gone With the Wind: Golden Anniversary Series.*
Limit: One plate per customer.

I understand that I need **SEND NO MONEY NOW.** I will be billed the $24.50 issue price, plus $1.94 for postage and handling, with shipment.*

X _____
Signature Date

( )
Name (Please Print) Telephone

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Please respond promptly: Plates are produced in a limited edition and we can guarantee availability at issue price only until the edition is sold out. Your plate will be shipped in four to six weeks.

*Illinois residents add $1.72 sales tax.

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Fool-Killer

continued from page 84

on just going and going till Judgment Day, with nobody around to talk to that had real horse sense—well, no, sir, it's a handsome offer, but I just don't feel up to accepting it. It may not be patriotic of me, and I feel sorry for Martinsville. It'd do wonders for the climate and the chamber of commerce to have a leading citizen live till Judgment Day. But a man's got to do as he likes, at least once in his life." He stopped and looked at the scissors grinder. "I'll admit, I'd kind of like to beat out Ike Leavis," he said. "To hear him talk, you'd think nobody had ever pushed 90 before. But I suppose——"

"I'm afraid we can't issue a limited policy," said the scissors grinder.

"Well," said Johnny Pye, "I just thought of it. And Ike's all right." He waited a moment. "Tell me," he said, in a low voice. "Well, you know what I mean. Afterwards. I mean, if you're likely to see"—he coughed—"your friends again. I mean, if it's so—like some folks believe."

"I can't tell you that," said the scissors grinder. "I only go so far."

"Well, there's no harm in asking," said Johnny Pye, rather humbly. He peered into the darkness; a last shower of sparks flew from the scythe, then the whir of the wheel stopped.

"H'm," said Johnny Pye, testing the edge. "That's a well-ground scythe. But they used to grind 'em better in the old days." He listened and looked, for a moment, anxiously. "Oh, Lordy!" he said. "There's Helen coming to look for me. She'll take me back to the house."

"Not this time," said the scissors grinder. "Yes, there isn't bad steel in that scythe. Well, let's go, Johnny Pye."

Bowling

continued from page 39

prize is $100,000—are upset with the format. That's because the stars of the Professional Bowlers Association (PBA) and the Ladies Professional Bowling Tour (LPBT) are banned from competing.

Edelman explains: "The pros are unhappy they can't enter these megabuck tournaments. They cite that bowling is the way they earn their living. They also complain, 'How can someone be an amateur if he wins $250,000?' But all the wild-card excitement and enthusiasm of such events would be eliminated if such pros as Mark Roth and Marshall Holman were allowed to compete."

"I don't like it because the sport is rewarding nonexcellence," John Falzone, of the Ladies Professional Bowling Tour, says. "Some very big dollars are going to lower-average bowlers instead of the stars of the game. It would be similar to holding the Masters golf tournament for players who couldn't break par. The whole thing is ridiculous."

"Ah, here you are! I told Harriet we'd probably find you folks at home."

Buddy Finkelberg disagrees with that thinking: "The megabuck amateur tournaments have helped the men's pro tour by providing funding and publicity for many budding superstars. What's more, the increased interest we've generated in bowling in general has done nothing but add further support to the PBA circuit." Indeed, the PBA is enjoying its 29th and most financially rewarding season.

Many Americans think the sport is both U.S. originated and U.S. dominated. In reality, bowling dates to 5200 B.C., when Egyptians began knocking down "pins" with stone balls. Ancient Polynesians also played a game in which they rolled stones at objects 60 feet away. That fact becomes more intriguing when one discovers that the distance from the foul line to the pins on a modern alley is—60 feet.

Today 100 million people participate in some form of bowling in 80 nations. Japan has the world's largest bowling center, a four-story monster with 144 lanes. Seventy-one nations belong to the Fédération Internationale des Quilleurs, which held its 1987 championships in Finland, and 45 countries are entered in the 23rd annual World Cup scheduled for November 8-15 in Malaysia. Marking two firsts, bowling will be an exhibition sport at the 1988 Summer Olympics in South Korea and an official event at the 1991 Pan American Games in Cuba.

What do the winners of megabuck tournaments do with their prize money?

Larvick bought a new car and invested the rest in an annuity that will provide him with a guaranteed annual income for life.

Doug Ugarkovich, a 25-year-old college student from Sacramento, California, who pocketed $200,000 for snaring the 1986 High Roller, split his earnings 50-50 with six sponsors. Then he bought a mink coat for his mother and a new car for himself, and he put the rest in the bank.

Ken Domzalski ended up with less than half his total purse because of several financial agreements with his sponsors and others. In July 1987 he used his share to buy a house.

Moreover, some megabuck champions have been hungrier than others. Scott Mouis was a 25-year-old pharmacy clerk in Aurora, Illinois, when he captured the 1983 American Dream Classic. Upon winning the $250,000 payoff, he admitted, "I didn't even have enough money in my pocket for lunch today." After a pause, he added, "Now I guess I've got enough money for dinner."

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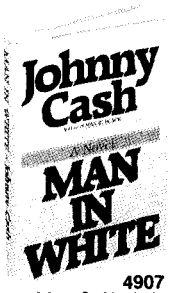

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Johnny Cash's blockbuster about the Apostle Paul's dramatic conversion.
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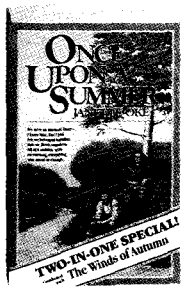

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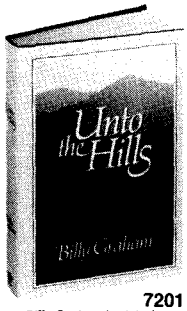
Two charming **Janette Oke** novels about a young orphan and his "family."
Retail $11.95



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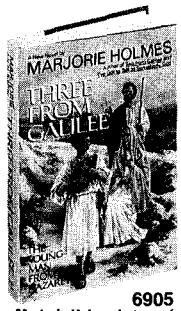

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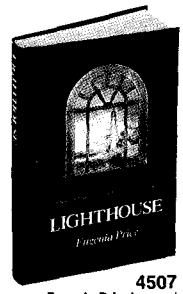

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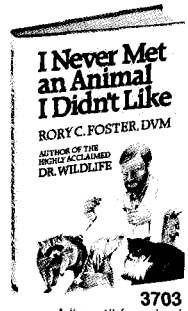

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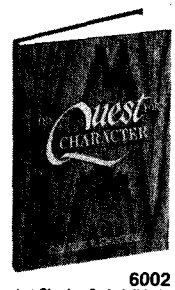

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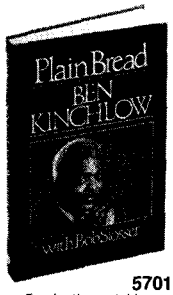

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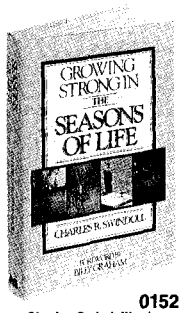

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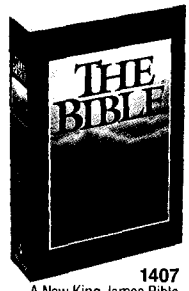

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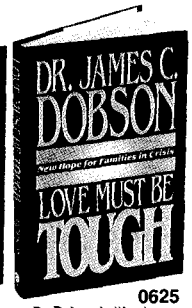

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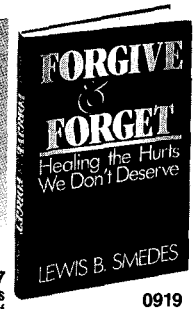

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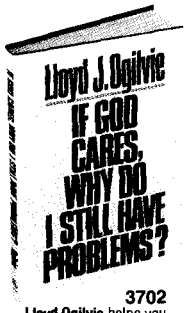

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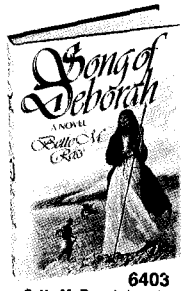

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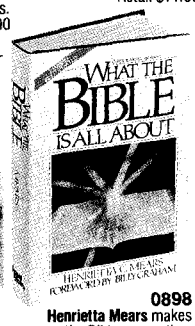

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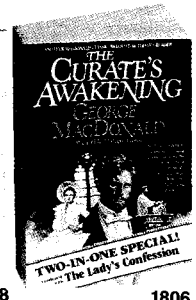

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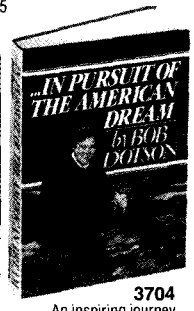

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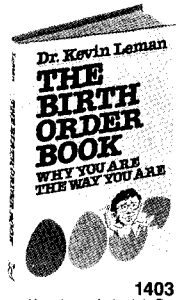

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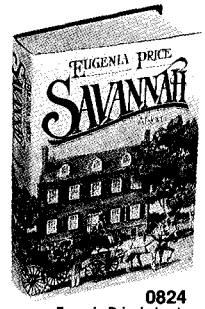

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SATURDAY EVENING POST P9-SA-LH

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Pet Allergies

continued from page 26

car windows closed.

(4) Allergic persons must work especially hard at handling stress and emotional upsets, which aggravate the allergic state.

Eliminating a beloved pet because of one family member's allergies can be a source of guilt and strife with other family members. Timmy's ten-year-old sister, Angela, even said she'd rather see Timmy go than Fluffy! As much as I love cats, I now recommend dogs rather than cats for households with highly allergic members. I also recommend that infants in allergic families be sheltered not only from pets but also from dust and other highly allergic agents. (Fabric toys and stuffed animals are dust collectors.) An allergic person may want to be tested for reactions to animal danders and feathers before selecting a pet. Children allergic to dogs or cats can often have a bird or a reptile for a pet.

Allergic children often get better with age. And in time, persons allergic to pets often build up a tolerance to their own pets so that their allergic symptoms become less of a problem, although exposure to other animals may trigger the old reactions. In Timmy's and in most other cases, Fluffy can stay.

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Offer not valid in California.

Questions for the Vet

Dear Dr. Whiteley,

My six-year-old fox terrier, Fetcher, has suffered terribly each summer from red, itchy skin on his stomach and under his legs, especially. It has progressed until he suffers nearly year round. I was taking him for cortisone shots nearly every three weeks until I changed vets. My new veterinarian performed allergy tests and said Fetcher is allergic to St. Augustine grass, Bermuda grass, wool, and pecan trees. I was tremendously upset and surprised. Is this normal? Should I pay for expensive shots to desensitize him to some of these things? I am beginning to think it would be cheaper to send him on a one-way trip out of Mississippi.

Mrs. J.P. Boone
Clarksdale, Mississippi

Dear Mrs. Boone,

Yes, it is normal for allergic animals and people to be allergic to many items rather than just one, which makes treatment difficult. Redness and itching on nonhaired areas of the body are typical of allergic contact dermatitis. Other items that cause the described signs may include dyes, rubber, vinyl, carpet (wool and nylon), flea collars, shampoos, household cleaning agents, plants, and topical medications. Avoidance and desensitization therapy are good recommendations.

H.E.W.

Dear Dr. Whiteley,

My cocker spaniel scratches himself raw around his rump and tail. My vet says it's an allergy to fleas, but I have used flea sprays and baths and dips on him religiously. I can't believe that one or two fleas can cause such a reaction as this. What else could it be?

Pete Toussard
Baker, Florida

Dear Pete,

Flea-allergy dermatitis is the most common allergic disease seen in dogs and cats. Approximately 40 percent of the dog population suffers from it. The signs you describe are typical of flea allergy, and even one flea can cause an intense allergic reaction to flea saliva. Scientific studies reveal that dogs intermittently exposed to fleas have a much higher incidence of flea allergy than dogs continuously exposed to fleas. Intensive flea control is the recommended therapy. Flea control always includes the elimination of fleas in the house, garage, and yard, as well as on the animal.

H.E.W.

Dear Dr. Whiteley,

I am in the ninth grade and have wanted to become a vet for many years. I would like to know which colleges would be best for me and what classes I would have to take in high school to get there. Thank you for your help.

Aleta Gunnell
Rock Hill, South Carolina

Dear Aleta,

It is wonderful that you have a career goal in mind at such an early age. Veterinary training emphasizes the sciences. I recommend that you take as much science and math as possible in high school. Most veterinarians spend more time with people than animals, so I believe that speech and English classes are also important. Pre-veterinary medicine is usually a three- or four-year curriculum that can be taken at one of your state universities. Veterinary school is four years; the closest schools to you are the University of Georgia at Athens North Carolina State University at Raleigh, and Virginia-Maryland Regional College of Veterinary Medicine in Blacksburg, Virginia. Your state will have a contract with out-of state veterinary schools, but admission will be competitive. Good grades are important.

I recommend that you work at a veterinary clinic as a paid employee or as a volunteer to help you decide if veterinary medicine is truly for you. Veterinary technology might also be a consideration. People with this degree act as veterinarians' assistants. Tri-County Technical College in Pendleton, South Carolina, offers a two-year associate degree in veterinary technology.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret they cannot reply personally to all letters.

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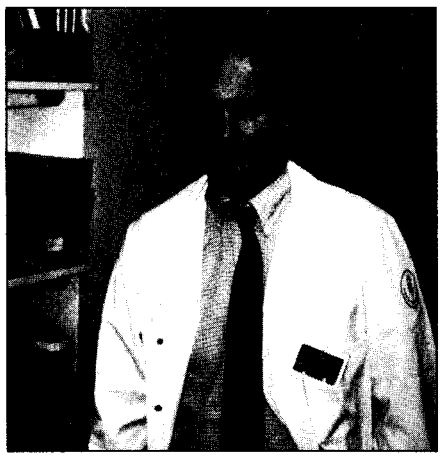
MEDICAL MAILBOX

by Cory SerVaas M.D.

A disease also is farther on the road to being cured when it breaks forth from concealment and manifests its power.—*Seneca (c. 4 B.C.-A.D. 65)*

Is It Alzheimer's or AIDS?

The Centers for Disease Control's requirements for an AIDS diagnosis have recently been changed to include a brain dementia that is being increasingly noted in patients with no other clinical manifestations of AIDS or AIDS-related complex (ARC). Dementia is a condition of deteriorated mentality characterized by marked decline from the individual's former intellectual level and often by emotional apathy. Dr. Richard W. Price of the Memorial Sloan-Kettering Cancer Center and Cornell University Medical Center in New York has been studying what he calls ADC—the AIDS dementia complex—for several years. He has published extensively and is consulted by the Centers for Disease Control as a respected authority on AIDS dementia. In one recent study, Dr. Price and his colleagues have found that 25 percent of the patients showed symptoms of dementia before having any physical complaints. Although nearly two-thirds of the overtly demented patients in this autopsy series had AIDS before they became clinically demented, in 13 percent of patients AIDS and dementia were diagnosed simultaneously. For 9 percent of the patients, AIDS dementia complex was the only serious clinical manifestation of HIV (AIDS) infection before death.



Paul SerVaas

Dr. Richard W. Price first described ADC (AIDS dementia complex) after he and his colleagues discovered that this brain deterioration can lead to death without any of the opportunistic diseases usually found in AIDS patients.

In a book entitled *AIDS and the Nervous System* to be published in 1988, Dr. Price wrote, "With the growth of the AIDS epidemic it has become increasingly important to consider a diagnosis of AIDS even if the risk factors are uncertain. Blood transfusion is now diminishing in importance as a means of transmitting the virus, but many persons have already been infected by this route. In such cases, AIDS may not be suspected, and the diagnosis may be partially obscured by the illness that necessitated the transfusion. Transmission of HIV infection through heterosexual sexual contact is of growing importance, and in those who are infected by this means the history may provide no clue to their exposure to the virus. Depending on whether the symptoms are predominantly motor, behavioral, or cognitive, the illness in such cases may be confused with multiple sclerosis, Parkinson's disease, Alzheimer's disease, or even schizophrenia." Dr. Price emphasized that it is, therefore, important to search explicitly for risk factors for AIDS in all patients with dementia and to follow through with serological screening (as with the ELISA test) for evidence of exposure to HIV. He said, "In the very small minority of patients with HIV infection who are seronegative [negative on the ELISA and Western blot tests], attempts to isolate the virus either from blood or CSF [cerebrospinal] fluid may be helpful." He further pointed out that determination of T-cell subsets may also be of value if serological studies cannot be performed or are negative.

At the Society, we are attempting to investigate the likelihood of AIDS dementia patients' being mistakenly thought to have Alzheimer's. A patient over 40 years of age who contracted AIDS in a blood transfusion and developed the AIDS dementia might well be relegated to the Alzheimer's "catchall" scrap heap unless his vigilant doctor gave him an AIDS test. It is now estimated that 10 percent of AIDS patients are over 50 years of age, and the population of patients falling into the older age groups will be significantly increased in the coming years.

The dementing illness caused by the AIDS virus has been called the most serious pitfall for the misdiagnosis of Alzheimer's disease in those over 50 years of age by Dr. Thomas D. Sabin of Boston City Hospital. He further pointed out, "Despite rapidly advancing basic information

"Hey, if I'm going to get an 'S-H-O-T,' then I want an L-O-L-L-I-P-O-P!"

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on Alzheimer's disease no widely available definitive diagnostic test is available."

We believe every Alzheimer's patient who has had a blood transfusion in the past ten years should have the benefit of a simple AIDS screening test. If the result is positive, it should, of course, be followed by a confirmatory Western blot test.

Many things can be done for a patient diagnosed as having AIDS. For example, you wouldn't want to continue the patient on drugs that are immunosuppressive, such as corticosteroids and some antibiotics. Because even aspirin is mildly immunosuppressive, an AIDS patient should be given Tylenol or another acetaminophen-containing drug instead. You also wouldn't want to give the patient live vaccines. Recent studies, however, offer hope that AIDS patients can be routinely immunized against influenza and pneumonia, which are often fatal to them, because those vaccines are killed or inactive.

Dr. Price points out that AIDS patients with neurological disease should be rigorously examined because certain disorders, perhaps most notably cerebral toxoplasmosis, may respond well to therapy.

If my father were in a nursing home with an Alzheimer's diagnosis and had had a blood transfusion in the past ten years, I would ask his doctor to give him an AIDS antibody test to see if it could be AIDS dementia instead of Alzheimer's. Because an AIDS patient has no protection against infections, he shouldn't be exposed to children with bad colds any more than an advanced emphysema patient should be exposed to an upper respiratory infection, which could become life threatening. Physicians, dentists, and other health-care providers would want to take necessary precautions in caring for the patient.

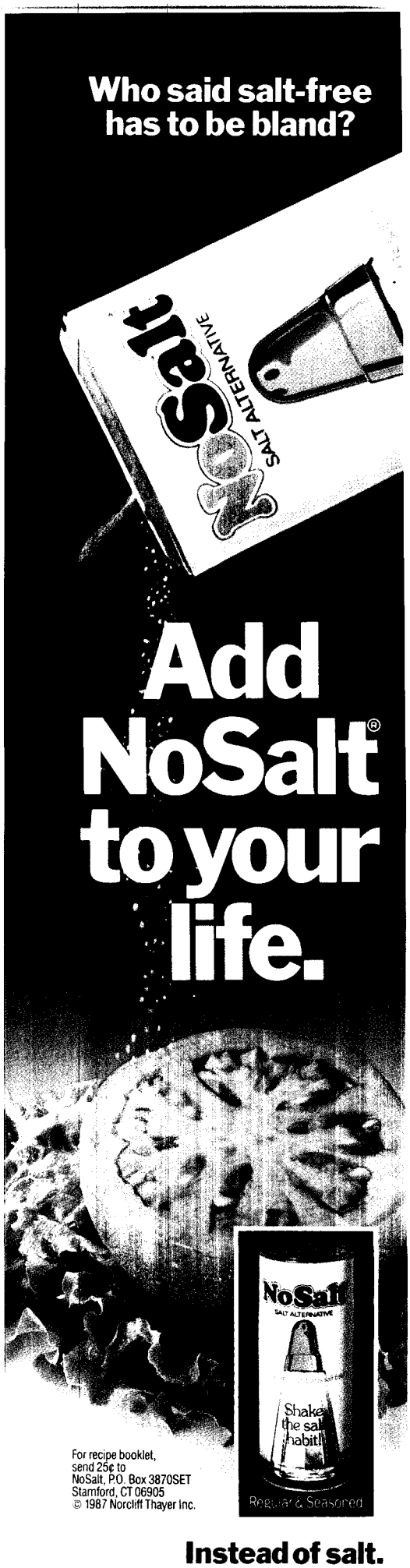
Dr. Sabin pointed out some of the subtle differences between AIDS dementia and Alzheimer's in a recent issue of the *Journal of the American Geriatrics Society*: "Acquired immune deficiency syndrome dementia begins with early behavioral and memorial difficulties. The behavioral change consists of a loss of interest in social and occupational activities that may ultimately progress to overt apathy. The patient may handle the usual bedside mental status examination with considerable accuracy but will show marked slowing of responses, and failures may be limited to those tests which require a synthesis of data or sustained attention such as the serial subtraction of 7s from 100. This progressive constriction of the personality is associated with an increasing reliance on daily 'memory lists,' then an overt inability to recall recent events with good retention of old information. In the early phases these symptoms are often attributed to depression, but progression results in a definite subcortical dementia with marked apathy, chronic confusion, and severe memory loss.

"This constellation of clinical features in AIDS contrasts with Alzheimer's disease in several diagnostically helpful ways. The irritable euphoric apathy of frontal lobe dysfunction does not appear in Alzheimer's disease until the triad of memory disorder, constructional-spatial difficulty [problems with perceiving and ordering space], and nominal aphasia are clearly established. The nominal aphasia is a fluent-language disorder with intact comprehension and repetition, but a difficulty in finding the exact word. This aphasia is manifested by the frequent use of circumlocutory phrases [roundabout expressions] as substitutes for the 'lost' words. Aphasia of any sort has been remarkably infrequent in AIDS dementia.

"In early Alzheimer's disease there are no elementary neurologic findings but AIDS dementia is often accompanied by ataxia [failure or irregularity of muscular coordination], leg weakness, nonspecific tremors, or signs of peripheral neuropathy [disease of the nerves]."

Dr. Sabin explained that some of these signs may be due to AIDS myelopathy (or changes of the spinal cord) that resembles the degeneration of the nervous system brought on by vitamin B_{12} deficiency. (Pernicious anemia, which is caused by vitamin B_{12} deficiency, can bring on a senility that might conceivably be misdiagnosed as Alzheimer's.) Urinary incontinence may accompany this nerve damage, Dr. Sabin said.

He further stated: "The computed tomography (CT) scan in both disorders shows widespread loss of brain volume but sequential scans of AIDS patients will document more rapid progressive atrophy than is seen in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Alzheimer's disease." According to Dr. Sabin, the mechanism of AIDS dementia is not understood. There is suspicion that disruption of the blood brain barrier may occur.

Diagnosing Alzheimer's

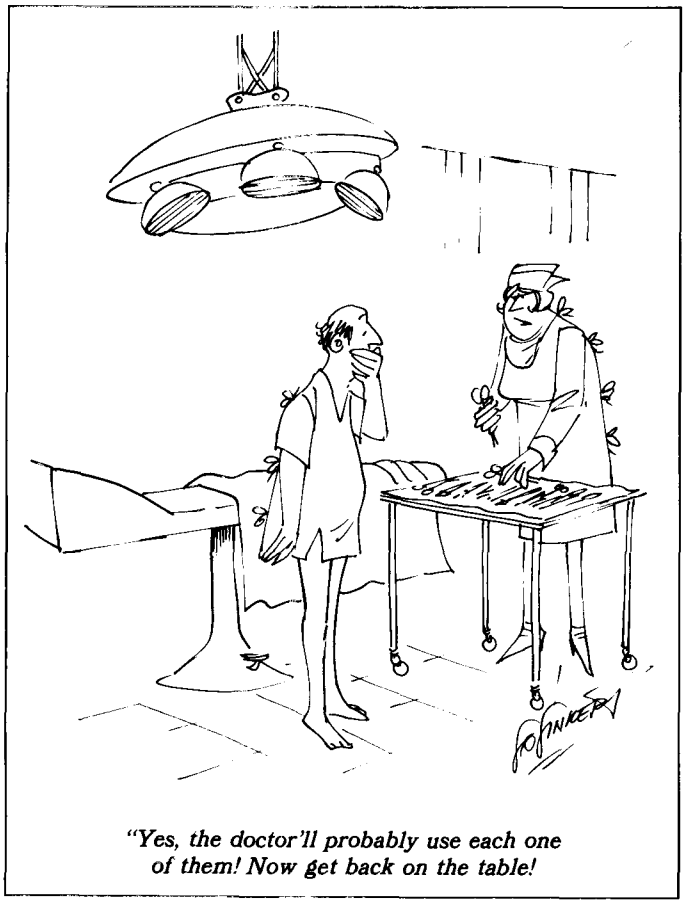
The determination of the presence of Alzheimer's disease is not yet an exact science. Until an autopsy is performed, there is no confirmation. After a physician has ruled out all other possible reasons for the senility, it is called Alzheimer's.

Alzheimer's may actually be several diseases with similar manifestations. Unfortunately, those affected with memory loss are not likely to take themselves to a doctor. Here is where family members can play a vital role by recognizing early signs of memory failure and taking the afflicted relative for a complete medical work-up to find out if it is Alzheimer's disease or one of the correctable causes of memory loss.

It is hoped that MRI (Magnetic Resonance Imaging) will assist the diagnostic process in the future. It is also hoped that the new genetic discoveries in familial Alzheimer's disease will lead to the development of blood tests that will greatly facilitate diagnosis. The uncertainty of diagnosis and prognosis is a major stress factor for families.

Pernicious anemia causes an Alzheimer's-like depression dementia that can be reversed with administration of vitamin B_{12}. Hypothyroidism is another correctable problem that can cause a senility condition that can be confused with Alzheimer's.

Drug reactions often imitate Alzheimer's disease. Many medications can cast a cloud over the consciousness of older people. A drug may not be excreted efficiently by an older patient, causing a build-up to toxic levels in the blood.



"Yes, the doctor'll probably use each one of them! Now get back on the table!

Some researchers have found accumulations of aluminum in the brains of patients dying with documented cases of Alzheimer's disease. If current studies confirm this association, we may soon learn means of avoiding aluminum or even removing it from the body.

The Saturday Evening Post Society subscribes to a data-search service that enables us to monitor all the research papers on Alzheimer's world-wide as they are being published. If you know an Alzheimer's patient and would like to receive references on current research papers on Alzheimer's that you may provide to the patient's physician or health-care provider, please write to: Alzheimer's, P.O. Box 567, Indianapolis, IN 46202. Any physicians or AIDS researchers wishing to obtain reprints of papers on the subject of AIDS dementia should write to: Dr. Richard W. Price, Department of Neurology, Memorial Sloan-Kettering Cancer Center, 1275 York Avenue, New York, NY 10021.

Double Trouble

Dear Dr. SerVaas:

Sisters are sisters and that's close of kin. But there's a closer union when your sister's your twin.

I felt like part of my body was missing too when she had her first mastectomy.

The surgeon had told us that when they operated, if it was benign the breast would not have to be removed, but if it was malignant they would perform a mastectomy.

We waited very anxiously for word from the surgeon, who later came down and told us of the removal of the breast. I was waiting with her husband, and he asked me if I would relate to her the results when she came to, for he didn't think he could do it.

When she came down from recovery and was able to talk, she called me over to her, and she said, "Tell me, did they?" I was trying to be brave and asked the Lord for wisdom in relating to her the results.

As we are very close, I said to her, "Between us two we now have three," and she smiled and dozed off again.

Three months later we went through the same procedure, and once more she said, "Tell me, did they?" and again I answered, "Between us two we now have two." Again she smiled and dozed off again to sleep.

She recovered with lots of tender loving care and understanding and a wonderful attitude.

A few years passed by, and now I was the victim of the same surgery. She and my husband were waiting patiently for the verdict that I hoped they could say they saved my breast.

When I opened my eyes she was standing over me and I said, "Did they?" Remembering the words I related to her, she said, "Between us two we now have one."

At the time of this writing I am getting ready for the removal of my right breast, and I can hear her say, "Between us two we now have none."

I recall these words that went between us:

Between us two we now have three.
Between us two we now have two.
Between us two we now have one.
Between us two we now have none.

We still have life, and we live it to the fullest every day

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for we know the One who gives and the One who takes. Blessed be the name of the Lord.

We do not have the same doctor, but we do have the same wonderful surgeon, Dr. Clifford Wiethoff.

Please excuse my writing. I've written in such a hurry, but Monday morning at 8 a.m. at the Jackson County Schneck Memorial Hospital in Seymour, Indiana, I will undergo surgery again.

I feel like mammograms have helped to prolong our lives.

Keep telling the women how important they are.

Zelma Croucher
Seymour, Indiana

Skin Tags

Dear Dr. SerVaas:

I have just finished reading page 98 in the August issue of *The Saturday Evening Post*. I can't tell you with what shock and dismay I read the article on skin tags and colon cancer! My first thought was that my wonderful husband's life may have been saved if only we had known the skin-tag relationship to colon cancer.

My husband died of colon cancer on the right side of his body. He seemed to have no symptoms until too late to stop the cancer, which had escaped the colon and was already into the peritoneum.

Also, my husband was about the size of the man pictured with the skin tags. Floyd, my husband, had lots of skin tags, and they were on his upper body, especially around his neck. He had one large one under his arm.

Nothing was done about these, and I am certain his doctor saw these. Why are doctors ignorant of these small signs which might save lives if the patient could be alerted to them?

My husband did not eat fiber. I urged this, but he told me he did not like bran, etc. His whole diet was faulty all his life. He was a farmer and ate lots of meat, potatoes, bread, and a few vegetables but none of the so-called cancer-preventive ones. He liked sweets, too. There was no record of cancer in his family. He was the first. Oh, yes, neither did he use dairy products—only hard, yellow cheese and a little ice cream.

Thank you for publishing such a helpful magazine. I couldn't resist writing you to further reinforce the skin-tag idea. Too late to help my wonderful husband of 44 years!

Mrs. Frances Farmer
Gibson City, Illinois

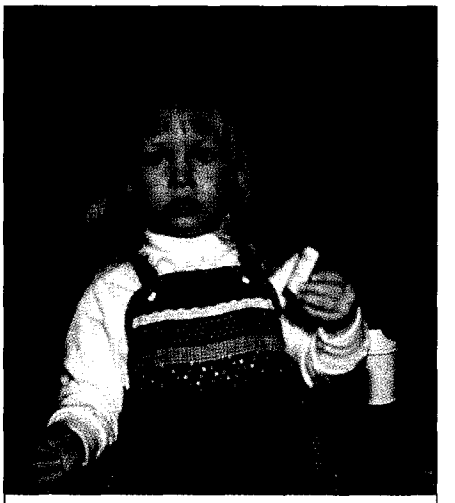
Glad to Help

Dear Dr. SerVaas:

I was recently informed about your organization and am interested in learning more details about your operation and receiving sample copies of your education materials.

I have been working for the past two years on a state-funded, community-based Cancer Awareness Risk Reduction Program in four northern California counties, focusing on nutrition and smoking cessation. We have just been awarded 1 of 11 grants sponsored by the Kaiser Family Foundation for a broader commu-

"O.K., that concludes the finger-pointing portion of the meeting."



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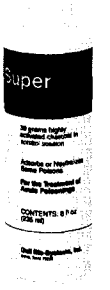
Almost 5 million Americans each year are exposed to an accidental poisoning. Over 90% of these incidents occur at home and 64% involve children 5 years of age and younger. Young children are careless, but as a responsible parent, you can't afford to be.

Parents and grandparents with small children around the house need new highly activated **SuperChar™ Liquid.** Taken orally, **SuperChar™** rapidly adsorbs many accidentally ingested poisons naturally, before they become life threatening. Administered at home soon after a poison exposure, it can save valuable time.

SuperChar™ Liquid is documented in the medical literature to have double to triple the adsorptive capacity of other charcoal adsorbents. Hospital emergency rooms have used charcoal adsorbent for years to treat accidental poisoning and drug overdose since it can adsorb many times its weight in contaminants quickly and safely. (Always call your poison control center or healthcare professional for advice upon first suspicion of a poison exposure and before administering any medication.) Order **SuperChar™ Liquid** for your medicine cabinet today. It could save your child's life.



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nity-based cancer project in Solano County. We will be developing educational materials; making healthful changes in cafeterias, grocery stores, and restaurants; and stimulating community mobilization to identify health promotion as a major community concern.

I would appreciate any materials you could provide to aid us in our endeavors.

Ilana Schatz, M.P.H., R.D.
Coordinator of Nutrition Programs
North Bay Health Systems Agency
Petaluma, California

Patching up the Problem

Dear Dr. SerVaas:

The recent article in the *SatEvePost* was of great interest to me—the one you wrote about estrogen skin patches. I am enclosing a letter I sent to a local doctor, trying to get one to put me back on hormones, and my reason why. When my old doctor died, I asked a new one to adjust the strength to see if my headaches would stop. He said I didn't need them and still does. So did the gynecologist I consulted here.

After three years off hormones, my body aged badly. I began having lots of brown spots on my arms and face. I had weight problems, and my blood pressure has gone up. Now my memory is getting to be a problem. To every complaint the doctor gave this answer: "Old age." If I hadn't had those headaches I would have felt 25 all these years, but I've been feeling like I'm going to pieces for the past few years without hormones.

Where can I find a doctor who will prescribe them? I had a radical hysterectomy, and the doctor told me at the time to take hormones the rest of my life. Any information would be very helpful. I have a sister with a severe mental breakdown. She has many health problems—heart disease, had lung cancer, hysterectomy, and is almost blind and deaf (also is a diabetic). She is 70. I wonder if the problems the women in our family have could be caused by hormone imbalance.

I realize that writing and research like Dr. Fillit does must be trying in the face of doubting medical doctors. I'd rather try a cure than do nothing.

Thank you for the message. How can local doctors catch up with those like you and Dr. Howard Fillit?

Nell Thomas Compton
Bowling Green, Kentucky

Editor's note: I'm sending your letter to the CIBA company that manufactures the skin patch. Their representatives may know a physician in your area who would be able to help you determine whether or not you should be using this new method of delivering estrogen.

"You don't need to give up smoking for long... just for the rest of your life."

Coffee Bad for the Bean?

Dear Dr. SerVaas:

A few days apart I read the following two reports:

1. More coffee is drunk by women than men.
2. More women suffer from loss of memory.

Made me wonder if there's any connection. Anyone checking this out? Be worth checking into?

Helen Hartleb
Merrimack, New Hampshire

Cigarette Run-around

Dear Dr. SerVaas:

Keep up the work against smoking. I tried to do my part but didn't get anywhere with it.

Wrote Mr. Sam Walton, founder of the Wal-Mart stores, suggesting the Wal-Mart stores move their cigarettes from the checkout counter area. The local manager called me concerning the letter, but in so many nice words I got the run-around. The cigarette rack is still there. I'd think they would consider the nonsmokers' business ahead of the smokers'—inasmuch as two-thirds are nonsmokers.

The grocery stores are just as bad. Maybe you can help in getting them moved?

Rex B. Owens
Monett, Missouri

Elizabeth Taylor and AIDS

Dear Dr. SerVaas:

Bravo! Bravo, and were you here, you could see I'm giving you a standing ovation. It's high time a respectable American magazine gave an appropriate honor to dear Elizabeth Taylor for her selfless and untiring fight against our nation's—no, our world's nightmare—AIDS. Thank you also to the French people for honoring her with the Legion of Honor Medal for her work against this disease.

What I'd like to know is, why were the French first? Outside of a few small entertainment organizations, I don't recall any American award being given her. Could it be most Americans still see AIDS as "the gay disease"?

If there were more people with the caring, determination, and courage of Elizabeth Taylor, not only could we beat this ugly enemy, but we would all be better people for it. God bless you, Elizabeth, and thank you again, *Saturday Evening Post*.

Allan Trivett
Nashville, Tennesse

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AIDS MOBILE

continued from page 54

was Dr. Andrews who said, "No, we won't set up screens to draw blood outside. Some oldster might pass out in the heat."

We had been invited to Memphis by Ed McAteer, the president of The Religious Roundtable and the host of the "God and Country Rally," and we were met by Kemmons Wilson of Holiday Inn fame. Ed had already volunteered to be No. 1 in the blood-drawing line, and Kemmons, who had blood transfusions during open-heart surgery several years ago, became No. 2 in the celebrity draw.

We had announced that the AIDS MOBILE would test all those who were planning a pregnancy and all those who had blood transfusions and their spouses. The Children's Better Health Institute and The Saturday Evening Post Society, which support the AIDS MOBILE, targeted these two groups because the young parents subscribing to the children's health magazines support us, and because we have many senior citizens in The Saturday Evening Post Society who have had blood transfusions during surgery.

Several young people were there because they had had transfusions. More than one young lady was there because she'd had a blood transfusion during a Caesarean section. "If I'm AIDS positive, should I be nursing my baby?" one asked. "No," we told her.

The long line provided an excellent opportunity for those waiting to view our videotape of Dr. Jim Curran, the director of the AIDS program at the Centers for Disease Control. In a sincere, straightforward manner, he counsels the audience about why they should know if they are AIDS-antibody positive and what to do if they are.

With Dr. Curran's expert advice on the screen, many questions were answered before the viewers reached the testing booths. Viewers pay attention because they sense he is an authority on AIDS.

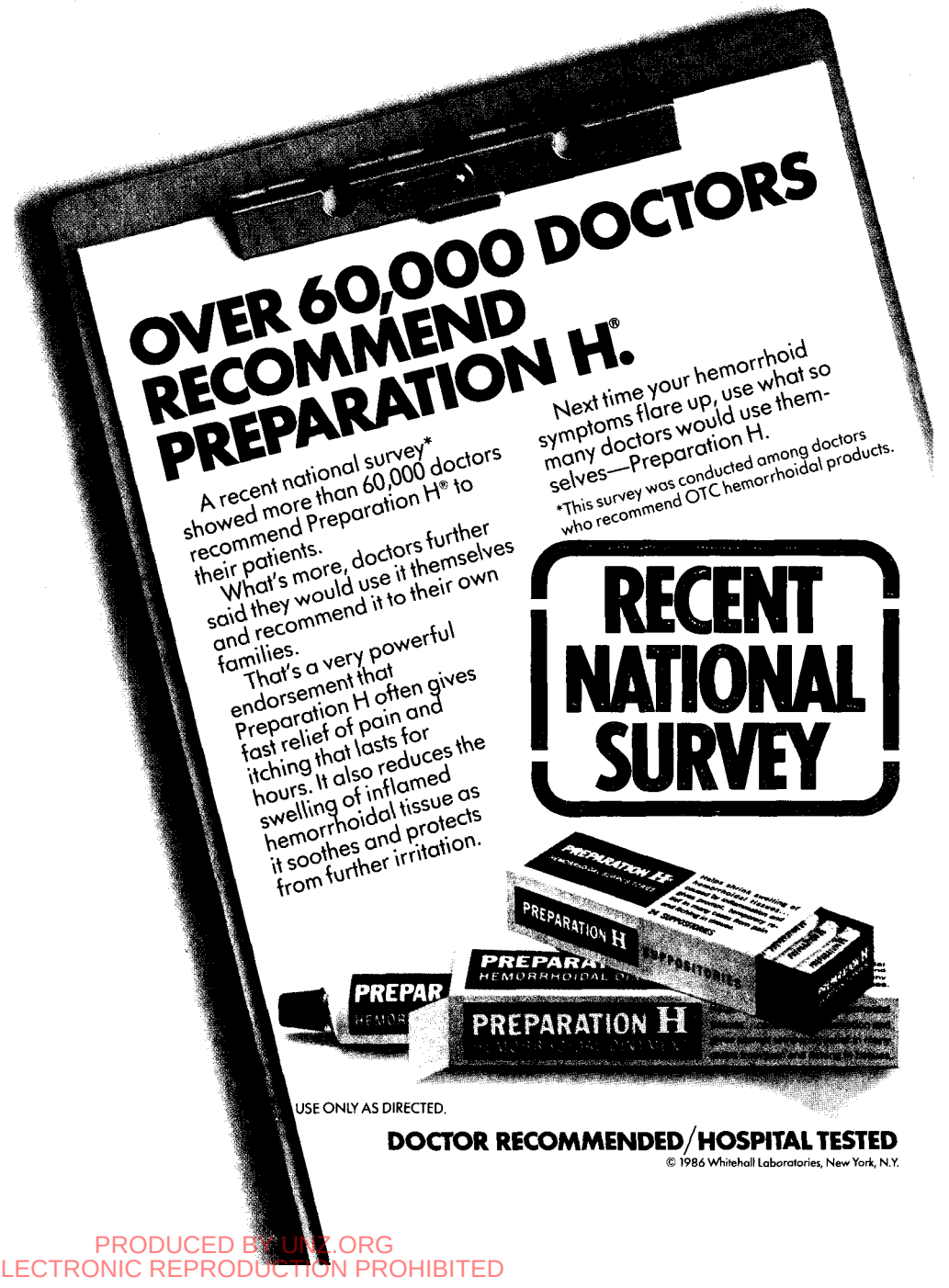
The blood samples were centrifuged on board the AIDS MOBILE. The red cells are spun down to be autoclaved and incinerated; the serum is poured off the top of the tubes and refrigerated in labeled vials. The AIDS antibodies are remarkably stable in the serum, and the serum can be stored for several weeks if necessary before running the tests. Fortunately for us, the laboratory we use runs the ELISA tests every Tuesday and Thursday and may soon begin doing them daily.

The lab is approved for interstate commerce, and it uses the Mayo Clinic in Rochester, Minnesota, as its reference lab. All positive ELISA tests are sent to Mayo Clinic for the confirmatory Western blot tests.

When the 267 tests from Memphis came back, one of the three positive ELISA tests was that of a young mother who had blood transfusions during a recent C-section. Naturally, we can't divulge her race, age, or any identifying information, and until her confirmatory Western blot results come back from Mayo Clinic, we can only hope that the initial ELISA screening test was a false positive.

We wondered if she was the one who asked about nursing her baby, and I thought to myself, *Why doesn't someone go to every state legislature to get an emergency law enacted to make AIDS tests standard operational procedure for all persons who have had blood transfusions?* No matter

continued on page 100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PHYSICIAN WHO M OF SPECIALISTS.

A true family physician is a general practitioner who can treat you and your family in about 85% of all cases.

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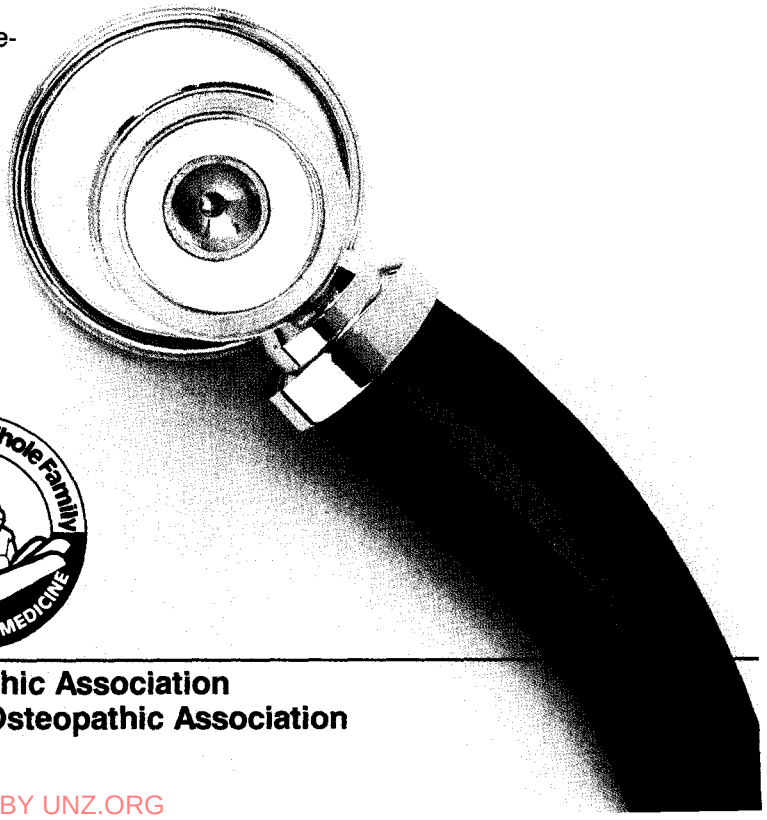
D.O.s concentrate in all the medical specialties, including anesthesiology, emergency medicine, internal medicine, general practice, general surgery, obstetrics/gynecology, ophthalmology, orthopedic surgery, pathology, pediatrics, psychiatry, radiology and all the rest. All the subspecialties also have practicing D.O.s, including cardiology, gastroenterology, neurosurgery, and otorhinolaryngology, just to mention a few.

For Additional Information.

For additional information, please write: Auxiliary to the American Osteopathic Association, 142 East Ontario Street, Chicago, IL 60611.



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AIDS MOBILE

continued from page 97

how small the odds, the test should be done—not once, but twice during the time the antibodies might be coming up, perhaps three months after the patient's discharge and again three months later. Because the test is relatively inexpensive (the chemicals in the kit cost us approximately $1.50), it would seem prudent to run the test twice after a blood transfusion, just to be on the safe side.

It's been my observation that good doctors are so busy caring for the sick and hurting that they don't have the luxury of time to plan cost-effective ways of going after the low-risk people. Nor should they be expected to shoulder the burden alone.

Industrialists I have known, such as Rich DeVos, Kemmons Wilson, Lee Iacocca, or my husband, would make quick work of getting the cost down on testing all the low-risk blood transfusion recipients once or twice and the high-risk people much more often, if necessary. So far, the crisis has been with the high-risk persons. Massive screening of the low-risk persons to find the estimated 12,000 people among us who have been infected from blood transfusions has been a lesser priority.

Pre- and post-test screening guidelines have been set up for the high-risk individuals—homosexuals and drug abusers—who must be counseled at great length to help them break entrenched habits that may cause them to be infected even after several years of negative tests.

The AIDS MOBILE has taught us that the little grandmother and widow who had transfusions and hasn't had a bed partner since grandpa died ten years ago doesn't need a counseling lecture and doesn't need to see what to her would be pornographic literature when she gets her negative test results. Now we need to set up separate guidelines for the cost-effective testing with less counseling required for these important senior citizens. In the low-risk group, the odds for being positive aren't great, but, as one victim said, "The odds may have been only .001 percent, but when it happens to you it's 100 percent."

For Paul Gann, from California, it was 100 percent. As we walked down the steps at the Capitol a few days ago, he stumbled on the stairs. Apologizing, he said that lately he couldn't see off to the side. Doctors call this loss of peripheral vision "tunnel vision." His ophthalmologist may tell him whether it's AIDS-related neurological damage. His self-sacrificing crusade is to use the last days of his life to help prevent others from getting AIDS. There is not an ounce of bitterness in this man. The son of a minister, he long ago learned the blessed art of forgiveness.

He's an inspiration to all who would help curb the AIDS plague. So when Paul Gann called to ask if we could bring the AIDS MOBILE to Washington, how could we turn him down? Ours would be only a small hassle compared to his sacrifice. Our phlebotomist-counselors drove all night to arrive at the designated hour.

We have more than one reason to thank Paul Gann in his AIDS crusade. I probably would not have been appointed to the Presidential Commission on Human Immunosuppressive Virus Epidemic had it not been for testing Nell Gann in the AIDS MOBILE at CBN.

It all came about like this. When our new "LifeCare Digest" producer, Christina Andrews Rylko of Seattle, heard that the AIDS MOBILE was going to CBN for an AIDS program, she said, "Why not invite Paul Gann to appear first to tell his story?" Christina is a genius producer, and Paul's appearance made the "700 Club" program an unforgettable real-life drama.

The studio audience was invited to be tested. Nell Gann was in the audience. Pictures were taken for the *Post*, and the next Monday morning while listening to President Reagan speak in Indianapolis to the convention of the National Association of Counties, I penned a note on the back of the picture of Nell and Paul Gann in the AIDS MOBILE. Not everyone would have a chance to meet and be photographed with the President on his quick trip to Indianapolis, but because my husband, the president of our City/County Council, co-hosted this convention with our mayor, William H. Hudnut III, we were invited to meet with the President after the speech. When I handed the President the picture of his old friends Nell and Paul Gann in the AIDS MOBILE, he smiled. "Put it in your pocket," I instructed our Chief Executive. He smiled and did it! I was so excited that I ran off, forgetting to have the picture taken with the President and my husband. My husband just laughed and called me back to be in the picture with them.

Back on Air Force One that afternoon, the President must have taken out the picture with the note about how much I wanted to serve on the AIDS team. He took it to the White House that afternoon. I know because the next morning a Federal Express letter from the White House arrived that said: "The President has encouraged the private sector's involvement in providing assistance to those possibly affected by the disease. Your efforts to combat this dreadful disease and with the AIDS MOBILE are commendable."

Fortunately for our Indianapolis AIDS team, this was the very day choices for the 13-member presidential AIDS commission were being finalized. As I was reading the good news in the letter, a call came from

MEMPHIS AIDS MOBILE QUESTIONNAIRES

TOTAL PERSONS TESTED = 267

INDIVIDUALS PREFERRED TO BE NOTIFIED BY:

a.	DIRECT BY MAIL	=	249	OR	93.26%
b.	AN ANONYMOUS MINISTER	=	0		
c.	AN ANONYMOUS DOCTOR	=	4	OR	1.50%
d.	THEIR OWN DOCTOR	=	3	OR	1.12%
e.	THEIR SPOUSE	=	3	OR	1.12%
f.	AN ANONYMOUS COUNSELOR	=	3	OR	1.12%
g.	NO ANSWER	=	5	OR	1.88%

More than 93% of those tested in Memphis chose to be notified by mail.

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the White House asking for my Social Security number with more good news. The President was going to appoint me to the commission.

I know the President is a practical man who would like to know about the willingness of the public to be tested on a voluntary, free, and confidential basis. I had the Ganns, Christina Rylko, and especially my husband to thank for this chance to show the President the AIDS MOBILE in action.

Indiana has a marvelous opportunity to provide leadership in the AIDS battle because Dr. Woodrow Myers, Jr., the commissioner of the Indiana State Board of Health, who has already won national attention for his outstanding work in AIDS education in the state, was also chosen for the President's commission. A Hoosier by birth, "Woody," as he is known, trained at Stanford University and Harvard Medical School. He spent time in San Francisco General Hospital, where he gained early experience in the care of AIDS victims. He won acclaim from none other than Surgeon General C. Everett Koop, who said in a recent address to the National Conference of State Legislatures, in speaking of the Indiana State Board of Health's work in AIDS, "Indiana has a model program." Woody was credited with the careful handling of the hemophiliac Ryan White's case when the State Board of Health advised that Ryan should be permitted to attend public school in Kokomo if he chose.

In the last issue of the *Post*, we described the AIDS MOBILE testing that had its beginnings at the Dick Lugar Health Fair in Indianapolis. As we went to press, we had no results from the tests. Now we know that the tenth person who came in for testing was positive on the ELISA screening test, and we had his results sent to Mayo Clinic and to our State Board of Health, as well as to Methodist Hospital in Indianapolis, for confirmatory testing. Both came out positive. This test is believed to be more than 99 percent positive that the person has the AIDS virus.

The Rev. Peter Michael, Frank Esparza (the counselor who drew his blood), and I went to the home of this impoverished individual, who had told us he'd been given several transfusions at a local hospital several years ago. He was counseled at length as to what an AIDS-positive test means. He was provided free condoms because he had a girl friend, whom he agreed to let know about his positive test. We stopped at the church where he had been baptized many years earlier, and without divulging his health problem, we solicited the minister and a social worker to help with his drinking problem. His mother, who had recently dressed a bloody wound on her son without rubber gloves, was also tested.

We learned that this first victim to be identified on the AIDS MOBILE needed a great deal of follow-up medical attention. He is much more concerned about getting medical attention than he is about keeping his condition a secret from others.

Since the wheels of the AIDS MOBILE first began turning, the prevention and testing unit has logged hundreds of miles as it received invitations that came from far more cities than we can possibly visit. There should be one AIDS MOBILE in every city in the country.

In return for the testing, visitors to our lab on wheels are asked to complete an anonymous questionnaire (see centerfold) and pledge to donate blood if their doctor and the blood bank agree they are physically able to do so. "By making this patriotic pledge, as an AIDS-antibody negative person who has practiced AIDS preventive measures, I will be helping to keep the American blood supply clean," the pledge states.

The medical team on board the AIDS MOBILE is quick to make a pledge in return: *all* persons requesting the AIDS test are assured confidentiality. In fact, they are given several options—they can be notified of the test results via an anonymous minister, an anonymous doctor, their family doctor, their spouse, an anonymous counselor, or directly by mail. To the surprise of many, more than 93 percent preferred to have even the positive results sent directly to them by mail (see page 100).

Having grown up in a small town in Iowa, I wasn't surprised about the results. Whenever you wanted to buy something and keep it a secret, you couldn't do it at the local Rexall drug store. No way. You would order it from the Sears Roebuck catalog, and you'd get it back in a few days by RFD. I guess it isn't just small-town people who feel that the U.S. mail can be trusted to keep a secret. Besides, it's against the law for anyone to tamper with the U.S. mail.

"The stigma seems to have lessened," say phlebotomists Frank Esparza and Andy Burnett, who report that visitors to the unit comfortably discuss and ask questions about the AIDS virus. Public education has had an impact, and most people simply want to know.

"Any human being who loves any other human being ought to be AIDS-tested," Indiana Congressman Andy Jacobs, Jr., said. "It's just that simple, because it could be a terrible epidemic."

Rep. Jacobs attended a press conference at our AIDS MOBILE at the National Conference of State Legislatures. State senators and representatives had a lot of questions to ask about the results of the testing program, and many participated by being tested themselves.

Many asked to have more information mailed to them and left their cards. One state senator made arrangements for us to bring the AIDS MOBILE to Iowa for an upcoming

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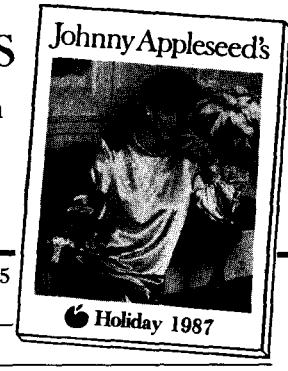

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regional meeting of the Council of State Governments.

Further interest was sparked when the AIDS MOBILE pulled up to Capitol Hill in Washington the morning AIDS victim Paul Gann met the press in the halls of Congress. Paul was the guest of California Congressman Bill Dannemeyer, an advocate of legislation to require that the persons carrying the AIDS virus be reportable to public-health authorities. Gann's very personal statement about his condition was greeted soberly by members of the media.

"When my doctor told me that I had AIDS, I felt more anger and frustration than ever before that someone's bad judgment sentenced me to death," he said. "You see, even though I'm 74 years old, and going on 75, I still treasure life as much as anyone, regardless of age."

In spite of his illness, Gann, a well-known and feisty critic of government spending, has lost none of his spirit. "I'm here to start what may become the last campaign of my life," he told the Washington press corps. "I don't know how much more time I have but I want to spend it doing everything I can to protect others from falling under this deadly spell."

Gann publicly endorsed the mission of the AIDS MOBILE and urged reporters to visit the unit parked on the Capitol plaza. Several accepted his invitation.

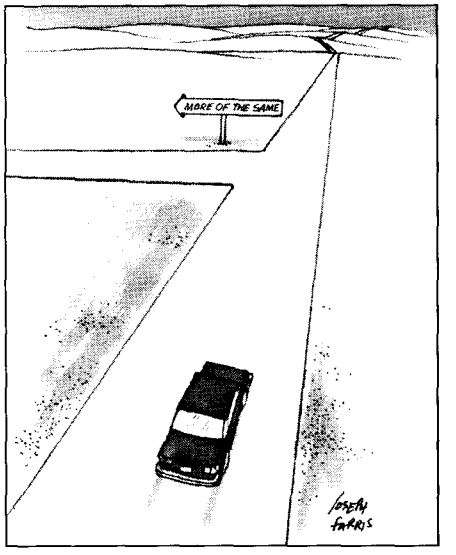
As vital as education and testing are in the battle against AIDS, so does counseling play an important role. To address the counseling concern, The SatEvePost Society and the CBN have recently developed a significant cooperative effort. Because CBN has thousands of counselors in place nationwide, the *Post* has arranged a plan for telephone counselors to add the subject of AIDS to their topics of expertise.

They will be referring all AIDS-related medical questions to AIDS coordinators in each of the states or to the counseling and test sites in their areas.

This fortuitous arrangement was made possible by Deborah Taylor, the AIDS coordinator for the Division of Acquired Diseases at the Indiana State Board of Health.

Lest you wonder how Hoosiers know so much about AIDS, Deborah Taylor came to Indianapolis from San Francisco, where she worked for the San Francisco City Health Department as a disease-intervention specialist. Deborah told us things we had never heard before. For example, some "straight" couples practice anal intercourse to avoid pregnancy. With what we know about sexually transmitted diseases, the rectum is not a safe place to deposit semen, because small tears in the lining of the rectum can permit any number of viruses to be introduced directly into the blood.

Deborah was present at the first meeting when the San Francisco staff discussed a strange phenomenon causing illness among young men between the ages of 20 and 40 in San



Francisco, Los Angeles, and New York. At that time AIDS was referred to as GRID (Gay Related Immune Deficiency). Deborah worked with AIDS education programs in the San Francisco Bay Area until she came to Indianapolis, where she formed the AIDS activity office that she now coordinates for the Indiana State Board of Health. Under her direction, Indiana's AIDS program was recognized as one of five outstanding innovative programs in the nation by the Council of State Governments. The CDC, having known of Deborah Taylor's dedication to AIDS education for many years, was delighted to learn of her proposed method of using videotaped counseling instruction for church counselors across the nation. The plan, a brainchild of Bob Silvers, vice president of the SatEvePost Society, will call for a "live, by satellite" training conference for hundreds of churches nationwide that have receiving dishes. Those churches, in turn, will be called on by the Society to counsel individuals in the area who have questions about AIDS, especially those who need to know more about the meaning of positive and negative antibody test results.

AIDS is a concern of all of us. Please turn to the questionnaire on page 55, fill it out, and return it to the *Post*. These questions were contributed by AIDS authorities at the CDC, by Congressmen Andy Jacobs and Bill Dannemeyer, by Deborah Taylor, and by the *SatEvePost* staff. It's our research contribution. We will tabulate the answers and report them, not only to you, but to the CDC, congressmen and senators in Washington, state legislators, and county officials. This is your chance to help let the people speak out about how they want to see AIDS prevention handled. Information you relate may help prevent the spread of AIDS to your own neighborhood or household. If you know you don't need to be tested, then please donate blood, if you're able.

WHERE DO YOU THINK YOU ARE?

(Answers from page 72)

(Theme: fruits and vegetables)

1. Florida (orange)	4. South Dakota (cherry)	7. Oklahoma (corn)
2. Indiana (mulberry)	5. Montana (plum)	8. California (apple)
3. California (strawberry)	6. Wisconsin (rice)	9. Ohio (crabapple)

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Why men and women over 40 often miss the best sex of their entire lives.

BY PAUL A. FLEMING, M.D.

The years between 40 and 65 can be years of sexual frustration and failure and withdrawal from sex. Or they can be the start of sexual activity that is frequent and sensitive and especially loving–and that can be enjoyed until the end of one's life.

After 40, expect some changes in your sexual reactions.

Man or woman, you may be slower to achieve readiness for sex. Your climaxes may change. So may the tempo of your love-making and the frequency of your desire.

These changes are normal. But if you misinterpret them and worry that your sexual life is tapering off — you could begin to withdraw from sex altogether.

That would be an awful shame.

No need to give up on sex—ever.

Sex over 50, 60, 70 and beyond —good sex—is a real option for almost all people. And it can be the most rewarding sex of all.

That is what prompted a monthly newsletter called SEX OVER FORTY, and to circulate a sample first issue to eminent people in both medicine and therapy.

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Sexual help like this is not available anywhere else.

The words SEX OVER FORTY will not appear on any envelope that we send you.

You can read it at home, without hurry or embarrassment. You can read it over and over until you understand fully. No more hunting in bookshops for snippets of information that can worry you further. No more "what did he say?" after a tense, quick visit to the doctor.

SEX OVER FORTY often describes ways of making love (ideal for people over 40) that many are embarrassed to say they want to try. You and your partner can read about them, separately, then discuss them together with more comfort.

Dr. Fleming counseling a couple in his office.

SEX OVER FORTY discusses sex like I do in my private practice. When telling a woman how to help her mate regain an erection, I actually show her how to hold her hands, how to move, what comforting things to say.

Becoming more creative lovers.

We cover the major sexual fears and problems that confront people over 40. But we are not over-focused on problems. Each issue is filled with specific ways each partner can become a more sensitive, creative and spontaneous lover. For example:

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- The role of sexual lubricants.
- When your partner wants sex more (or less) often than you do.
- Vitamins and herbs for improved sexual functioning.
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- Impotence: 11 ways to tell whether it's physical or psychological.
- Female climax: how to improve it.
- Sex after divorce: how to approach it.
- After heart attack: good, safe sex.
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SEX OVER FORTY

A practical, authoritative newsletter directed to the sexual concerns of the mature adult

Vol. 1, No. 1

Sexual Changes in Men Over Forty

This article will help you to understand and recognize the normal bodily changes that you may experience. It will also deal with and respond to some of the myths that you have heard. You will find that you can adapt to most of the alterations in your sexual responses without any loss of sexual pleasure. Some of these changes can even help you be a better sexual partner and make your overall sexual experience more enjoyable.

There are gradual alterations in normal physiology that a man experiences as he matures. These changes affect all parts of his body. Unfortunately, those changes which affect the man's *sexual* functioning are dreaded by many men as an inevitable signal that an active sexual life is over for them. When, for instance, a man notices that erection is not as spontaneous, or if it has failed to occur on occasion, he may assume that his sexual ability and sexual functioning are fading and may soon be gone.

Such an assumption can be very frightening. We often do not realize how much of our feelings of self-esteem, self-worth, masculinity and competence are dependent on our successful sexual functioning. It is amazing how important it is to each of us as men that our penis gets hard when we think it should and that it functions the way we think it's supposed to. If our penis starts to function in a different way than we are used to, and we interpret this as a sign that soon it will stop functioning altogether, it can be devastating.

"Just because your legs aren't as strong as they were when you were twenty doesn't mean you give up walking or running."

You have noticed, if you are over forty, that your legs may not be as strong as they were when you were twenty, yet you do not assume that this means you can't walk or run anymore. It may mean that you will walk a little slower and run a little less, but you will still get where you are going. If you didn't run much when you were younger, and have recently taken up jogging, you may even run more now. Why should you feel, because your sexual "muscles" are also not as strong as they were, that you will have to stop having sex? On the contrary, as you will see, some of the changes which come with maturing may actually help you to be a better lover.

"You probably will become slower to obtain a spontaneous erection and you will require more direct physical stimulation by your partner."

The sexual physiologic changes which come with maturity are predictable and clearly definable. First of all as you become older you probably will become slower to obtain a spontaneous erection. When you were in your late teens or early twenties you probably became erect in a matter of seconds upon entering a sexual situation,

Front page of Premier Issue (greatly reduced in size).

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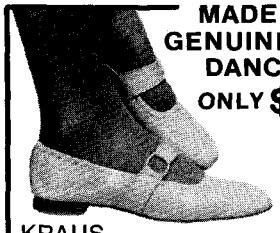

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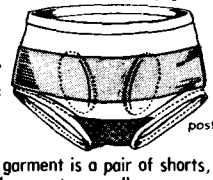

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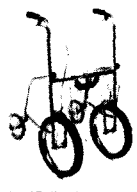

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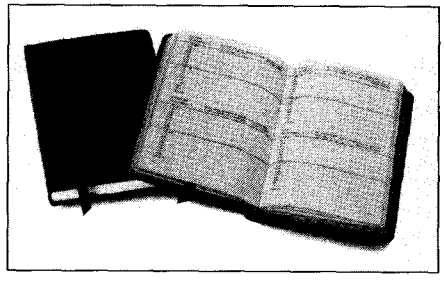

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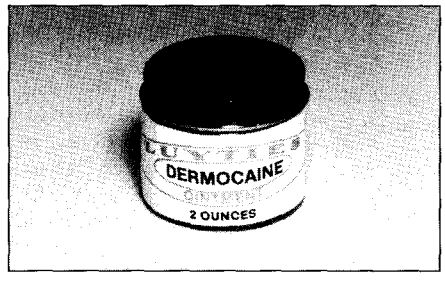

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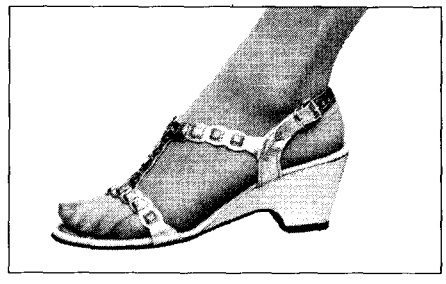

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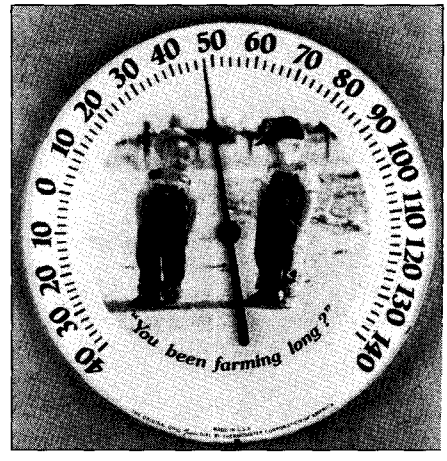

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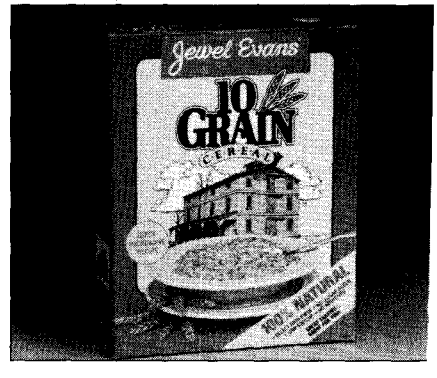

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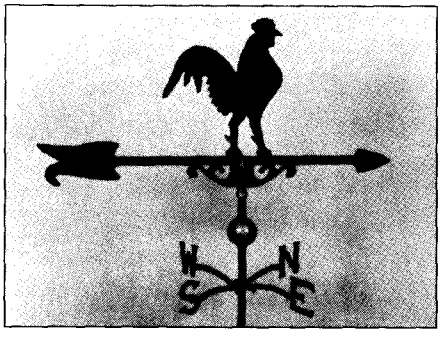

home or garage. Made of rust-free aluminum with baked vinyl coating. Arrow is 23″ long; support is 27″ high. $16.95 plus $3.00 postage. Order from Holst, Inc., Dept. SPV-1087, 1118 West Lake, Box 370, Tawas City, MI 48764.

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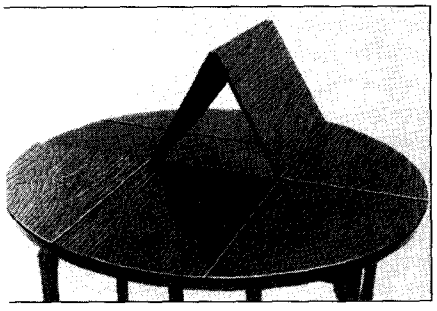

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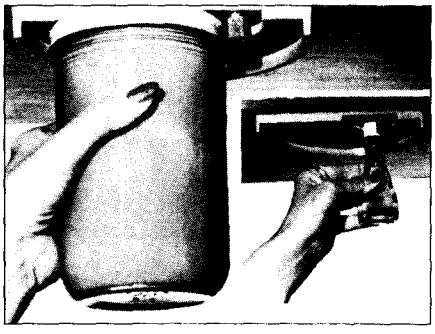

Slip your jar into the Un-Skru until it wedges; then turn the jar. One-hand operation for lids ranging in size from ½″ to 5″ wide. Made of plastic with a steel "gripper." $7.50 plus $1.00 postage; 2/$14.50 plus $1.45 postage. Order from Holst, Inc., Box 370, Dept. SPO-1087, 1118 West Lake, 111-F, Tawas City, MI 48764.

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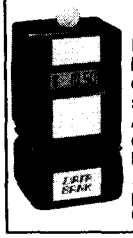

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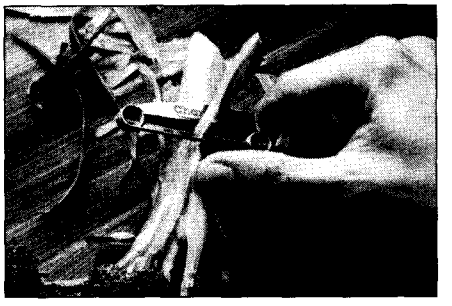

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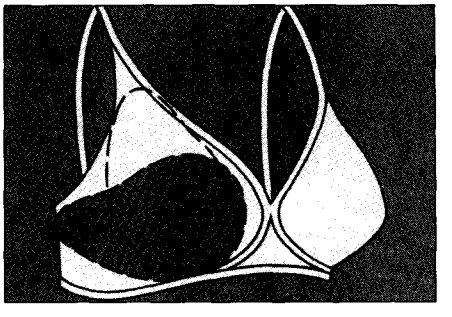

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Pasta

continued from page 79

and oil; stir in lemon peel and juice. Reduce heat and add Tangy Pasta, parsley, and ⅓ cup Parmesan cheese; toss well. To serve, sprinkle with pepper and remaining cheese.

Tip: Increase margarine and oil, as desired, for more sauce (but also more calories!).

Tangy Pasta
(Makes 4 servings)

About 2 quarts water
Juice of 1 Sunkist lemon
8 ounces dry pasta: egg noodles, fettucini, linguini, spaghetti, spaghettini, or vermicelli

In large saucepot, bring water and lemon juice to boil; add pasta. Cook 8-10 minutes, or until tender. Drain well.

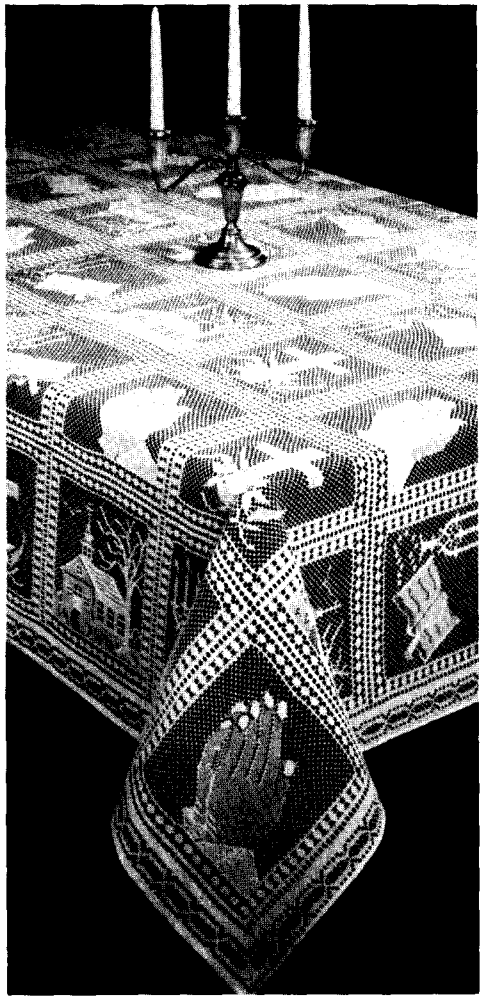
Pasta with Pistachio Clam Sauce
(Makes 4-6 servings)

1 can (6½ oz.) chopped clams
3 tablespoons melted margarine
3 tablespoons flour
1 small clove garlic, minced
1 cup milk
Salt, if desired, and white pepper
2 tablespoons dry white wine
2 tablespoons Parmesan cheese
¾ cup shelled, chopped California pistachios
1 small tomato, diced
8 ounces rotini or curly pasta, hot, cooked, and drained

Drain clams; reserve ½ cup liquid. In microwave-safe 4-cup container, combine margarine, flour, and garlic; microwave, covered, at High (100%) 30 seconds. Stir in reserved clam liquid, milk, and salt and pepper to taste. Microwave, covered, at High 2-3½ minutes or until thickened. Stir in clams, wine, and cheese; microwave, covered, at High 1 minute. Add ½ cup pistachios and tomato. Toss with pasta; sprinkle remaining pistachios over top.

Conventional method: Combine margarine, flour, and garlic; cook and stir 1 minute. Add reserved clam liquid, milk, and salt and pepper to taste; cook and stir until mixture thickens. Stir in clams, wine, and cheese; heat thoroughly. Add ½ cup pistachios and tomato.

continued on page 110



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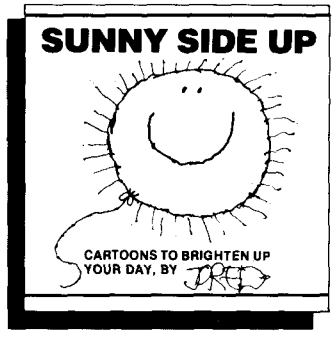

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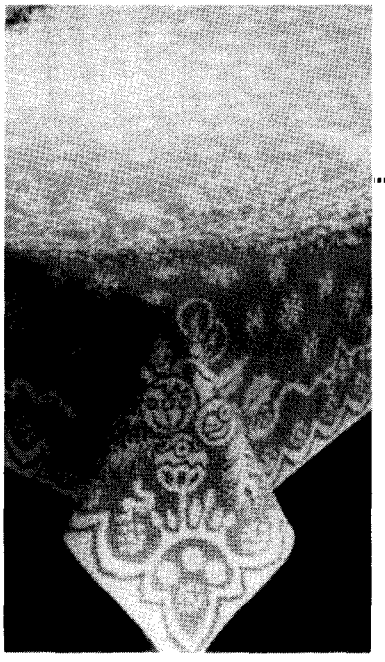

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Price includes shipping, handling and tax in U.S. only. In Canada, postal money order required in U.S. dollars.

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Make check or money order out and mail to: ORIGINALLY YOURS, INC., P.O. Box 1888, Murray Hill Station, New York, NY 10156. Allow 3 to 4 weeks for delivery. Money returned instantly if not satisfied.

Pasta

continued from page 107

Italian Spaghetti Sauce
(Makes 5 cups)

1 pound ground beef
1½ teaspoons Season-All seasoned salt
1 teaspoon basil leaves
1 teaspoon thyme leaves
1 teaspoon oregano leaves
½ teaspoon garlic powder
½ teaspoon black pepper
1 bay leaf
1 can (28 oz.) tomato purée
1 can (6 oz.) tomato paste
18 ounces water
1 can (4 oz.) sliced mushrooms with liquid

In Dutch oven, brown ground beef Add next 7 ingredients. Mix well. Sti in remaining ingredients. Bring t boil, reduce heat, and simmer ove very low heat 3 hours; stir occasiona ly. Remove bay leaf.

Fresh Broccoli and Pasta Combo
(Makes 4 servings)

1 small onion, chopped
1 medium clove garlic, minced
2 tablespoons butter or margarine
2 teaspoons instant chicken bouillo
¼ teaspoon dried marjoram leaves, crushed
1 tablespoon all-purpose flour
1 cup milk
1 cup shredded Swiss or caraway cheese
1 pound broccoli, separated into florets, cooked, and drained
1½ cups curly or spiral macaroni, cooked and drained
Grated peel and juice of ½ Sunkist lemon

In 10" skillet, sauté onion and gar in butter with bouillon and marjora until just tender. Remove from he and stir in flour. Cook for a f minutes; stir constantly. Gradua blend in milk. Cook over mediu heat, stirring, until thickened. A cheese and stir until melted. Add maining ingredients; heat.

Windows

continued from page 28

tops. By reflecting this long-wa radiated heat, low-E glass keeps m heat out of your house than uncoa glass. (Homes in the Sunbelt n

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need tinting on the low-E glass for optimal comfort and energy savings.)

Low-E windows, marketed in the United States for more than five years, are steadily growing in popularity with homeowners. Still, don't expect to see low-E glass in new homes selling for less than $150,000. A low-E window is usually 10 percent more expensive than a similar double-glazed window and more than twice as expensive as a comparable single-glazed window.

Nevertheless, the big glass and window makers think low-E will be the window of the future. Bill Uhl, a marketing manager with PPG Industries' Glass Group, says low-E glass already accounts for more than 10 percent of the half-billion square feet of insulated glass on the market. Within ten years, low-E will be the industry standard, says John Sopko, a PPG engineer.

Because tests show low-E windows cut heating costs best in colder climates, interest in their use began in the North. But homeowners in milder climates would benefit from low-E windows, too, says Dariush Arasteh, a staff scientist and window expert at Lawrence Berkeley Laboratory. Arasteh's San Francisco Bay Area home has neither a furnace nor an air conditioner, but he says he wouldn't hesitate to specify low-E glass when it's time to replace his windows. Indeed, anyone who wants a sunny, comfortable home year-round—*without* sky-high energy bills—would do well to follow Arasteh's lead.

England's Gift

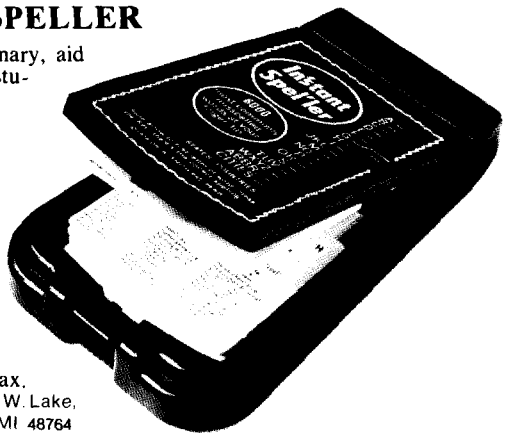
continued from page 22

secret that will make the audience laugh a hundred times before the show is over."

Maryann Plunkett echoes Dale's enthusiasm. "The joy that's in the show brings out the spunkiness inside all of us," she says. "I've been playing this role for more than a year, but each performance feels fresh. Our entire cast is thrilled to share a story of love and loyalty with the audience."

The bottom line is this: no visit to New York can be complete without seeing *Me and My Girl*. If you are among the fortunate who get tickets, you can join the parade of those whistling as they leave the theater. But be careful. You might catch yourself "doin' the Lambeth walk."

UNIQUE INSTANT SPELLER



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The Original 3 Spring Stomach Exerciser Has Now Been Made Even Better

In a little more than a year we have sold well over 500,000 of our original 3-spring Stomach Eliminator® from Italy. And no wonder, the Stomach Eliminator® weighs less than 2 lbs., costs less than $20 and can be used almost anywhere. Best of all, it truly works for men and women in reducing your stomach and toning up your entire body.

3 Springs Are Better Than One

When the success of our Stomach Eliminator® became known several companies came out with one spring lookalikes from Taiwan. Our original 3-spring Stomach Eliminator® has several significant advantages over these one spring copies: 1) The ability to increase your workout as you improve with 1, 2 or 3 springs 2) Greater portability because the unit disassembles 3) A stronger and better workout because the 2 and 3 spring levels provide greater exercise than the one spring copies.

New High Tech Design

We recently further improved the Stomach Eliminator® by completely redesigning it. Still made in Italy, the new model is lighter, stronger and simpler to adjust. Featuring unbreakable molded plastic handlebars and foot stirrups, 3 adjustable tension springs and double security nylon attachment clips, the new all-black Stomach Eliminator® is now a better looking and an even more effective stomach exerciser.

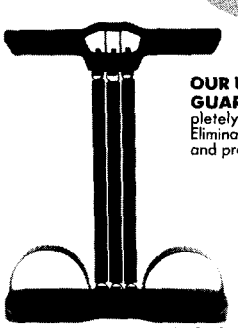
10 Minutes a Day and Your Pot Belly Will Be Gone

That's our guarantee. If you're not satisfied with how it works for you, return it for full refund. There are seven simple exercises to do and you can do them almost anywhere: In a hotel room, in your home, in your office, etc.

Also Slims Thighs, Hips, Arms and Legs

The Stomach Eliminator® is not just a stomach exerciser. It slims and tones thighs, hips, arms, legs, shoulders and even facial muscles.

Just $19.95



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MONEY TALK

NEW OPTIONS FOR THE AGING

An array of innovative in-home services is now available to help you care for aging relatives.

by Marshall Loeb

Just about everyone has heard an aged parent or a grandparent plead: "Whatever you do, don't send me to a nursing home." Take heart. You have newer and better choices than the old nursing home.

Health care at home can solve the financial and emotional problems that bedevil ailing elderly people and their families. Services available to the elderly in their own homes are expanding rapidly, and so is the number of government, charitable, and for-profit agencies providing such care.

Limited services by a registered nurse are normally 100 percent reimbursable by Medicare if related to a hospital stay. Medicare also pays for the services of a home health aide, though only in conjunction with skilled nursing care. But even if an old person doesn't require skilled nursing, many private health-insurance policies will pay for personal care and homemaking services. One way to determine whether the agency providing home care is a good one is to find out whether it is approved by Medicare. About 5,900 agencies are.

To find one of these services, get in touch with either your state's local office for the aging or your community's family-service bureau or a religious organization. You might also call a neighborhood senior-citizen center; its employees can guide you to programs for old people.

In-home services for the aged are improving as they expand. Growing numbers of home health-care workers now help more old people to live on their own. And special geriatric day-care centers enable old people to spend many hours there but sleep in their own homes. Through a New York State program called Nursing Homes Without Walls, old people eligible for placement in a skilled nursing facility now can live at home without having to fend for themselves. In Florida, one similar state-sponsored program, Community Care for the Elderly, has been so successful that it recently was helping over 10,000 old people stay out of institutions. These elderly people could have meals delivered to their homes or get transportation to needed medical services.

Fiddling around is for those who have already carefully selected their retirement quarters.

If you want to avoid a nursing home, you also should check into apartment buildings designed specifically for the elderly. Some are in so-called continuous-care communities and look like college campuses. They offer a variety of living choices: an apartment house for people who are fit enough to live alone, an intermediate-care facility for those who need some medical attention, and yet another facility that offers around-the-clock skilled care. Continuous care can be ideal for the elderly person who is independent but realizes that the day of infirmity inevitably will come.

You can get names of the best nursing homes in your area by asking your doctor or hospital social worker. And you can inquire at a senior-citizen center and your state chapter of both the American Health Care Association and the American Association of Homes for the Aging.

You should visit any home you are considering at least twice—once on an official tour and once as a surprise, if possible. Supervisors of a well-run home will welcome you and your questions. Make sure the residents seem content, clean and neat. Taste the food.

Inescapably, nursing homes are expensive: from $1,200 a month to as high as $2,500 depending on the locality and the kind of accommodations. Medicare covers only part of the costs, and then only for 100 days. Private health insurance rarely pays for nursing-home care. Medicaid can pay—but Medicaid patients usually must first use up all their own money. That means selling most of their assets to raise cash. Then they must sign over their Social Security benefits, plus a but a small monthly sum.

Families pondering ways to care for aging relatives should take them into their deliberations from the start and should bear in mind their emotional as well as physical needs. If the elderly relatives know they have choices, they will be happier. And preventing depression and loneliness in the elderly goes a long way toward preventing physical decline.

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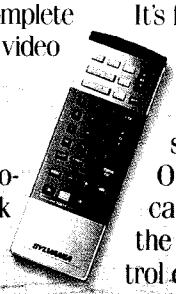

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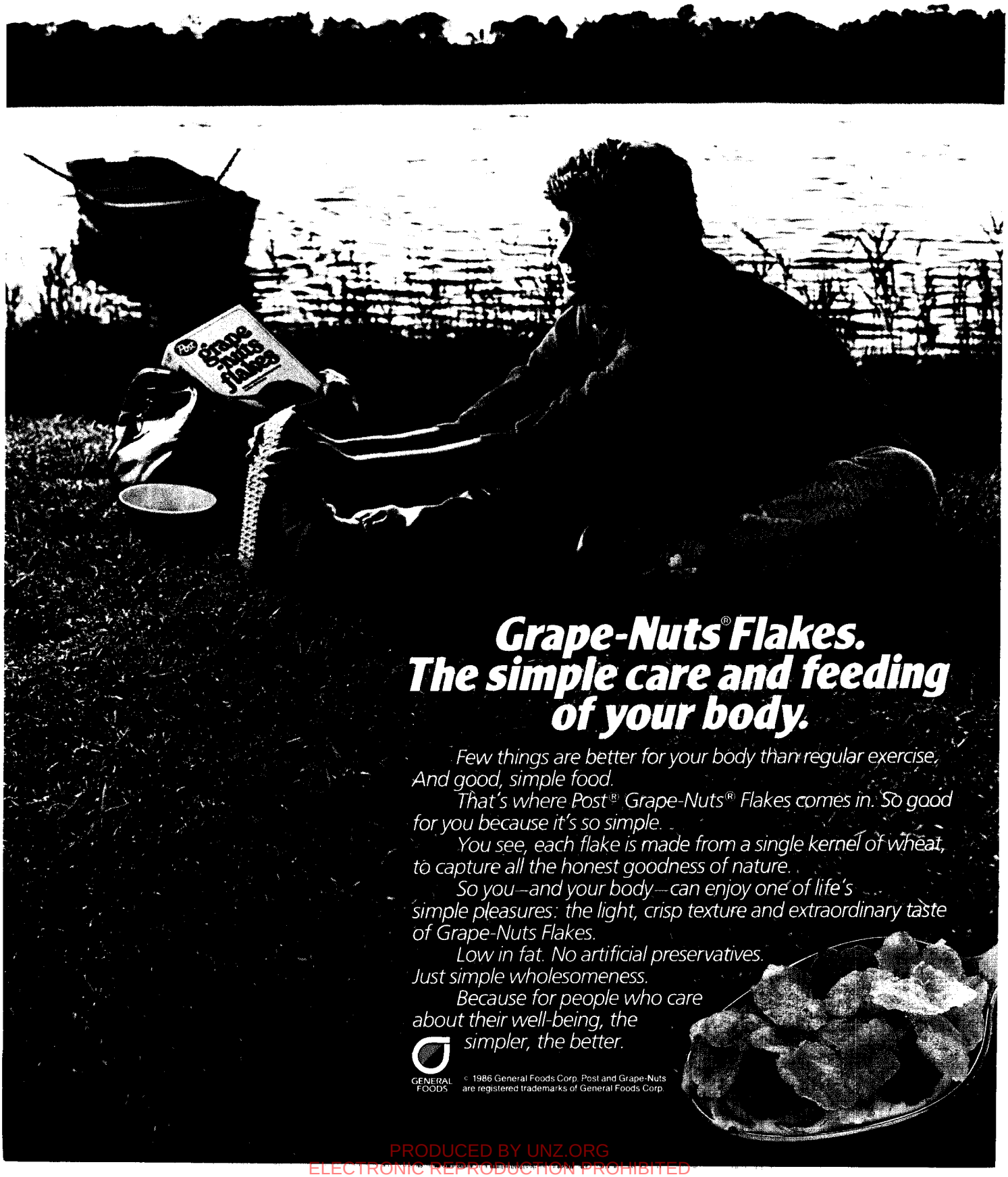

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